



Calhoun: The NPS Institutional Archive

Institutional Publications

The Classmate Magazine

1989-12

The Classmate / Vol.31, no.10 (December 1989)

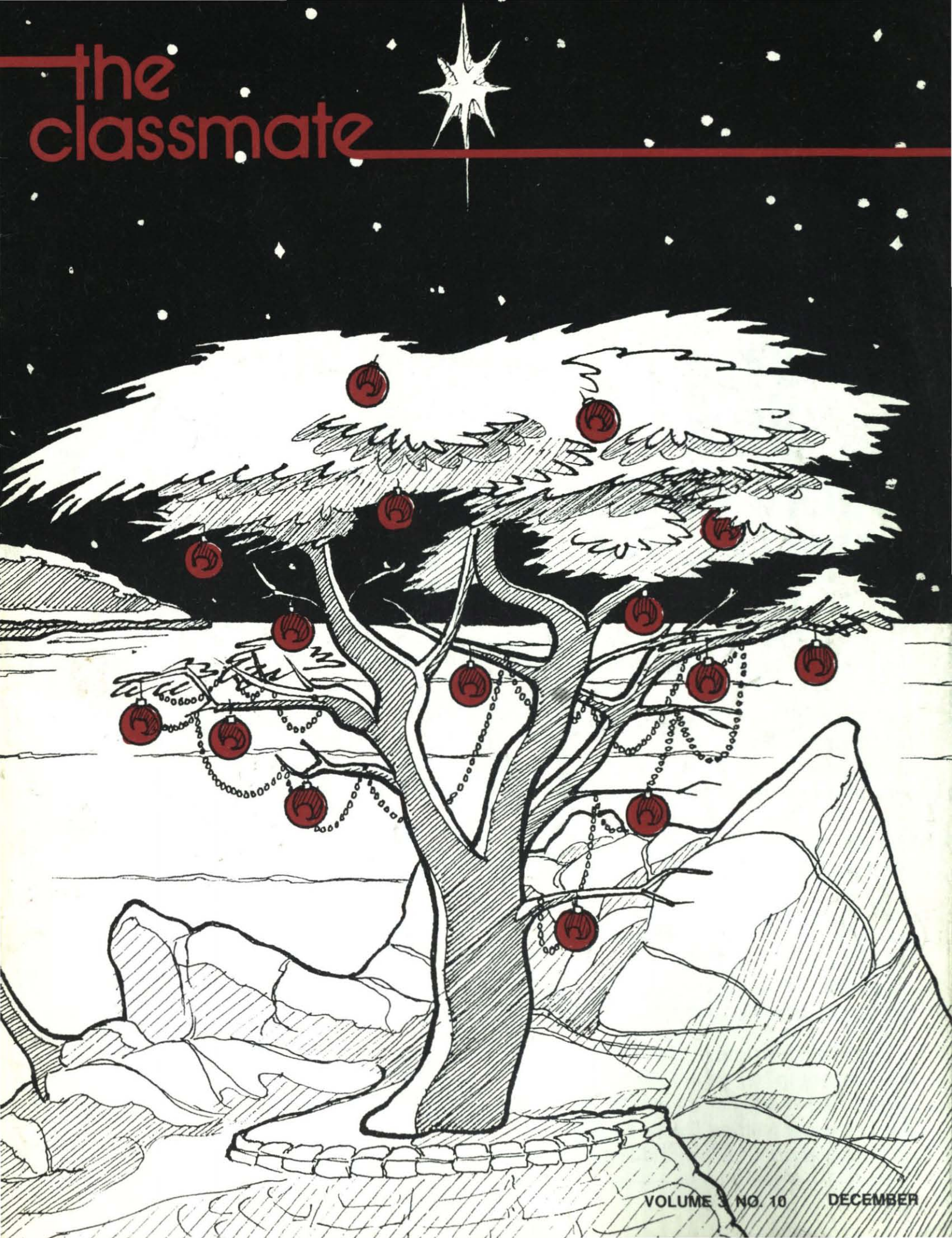
<http://hdl.handle.net/10945/47120>



Calhoun is a project of the Dudley Knox Library at NPS, furthering the precepts and goals of open government and government transparency. All information contained herein has been approved for release by the NPS Public Affairs Officer.

**Dudley Knox Library / Naval Postgraduate School
411 Dyer Road / 1 University Circle
Monterey, California USA 93943**

<http://www.nps.edu/library>



the classmate

VOLUME 3 NO. 10

DECEMBER

Relocating To Norfolk-Virginia Beach?

EXPERIENCE COUNTS!

Come by and see me at
Monterey Hotel Resort
Peninsula Room
1000 Aguajito Road

Sat. Jan. 6th 11-5
Sun. Jan. 7th 11-5



PROFESSIONAL REALTY CORP.

TOLL FREE
1-800-444-8103

Cam continues to assist military families coast to coast. She has been visiting military installations for the past eight years providing an exceptionally high standard of service. Coupled with her warm personality is professionalism and knowledge that will mean an easier transition for you.

Write for one of her special relocation packets with an area map, new homes brochures, homes magazines, school information, and mortgage/financing materials.

Top in her firm and in the top 1/2 of one percent in her area, Cam's success has made her a member of the Tidewater Million Dollar Club and the National Million Dollar Sales Club.

UNMISTAKABLY CAM TEMPLETON



"Thanking you for everything – especially your thoughtfulness, professionalism, and friendship." – Lcdr. Ron and Lin Honey.

"Since it was our first time buying we needed all the guidance we could get: you helped us immensely." – Cyndy and Bill Moore.

"House hunting for us, of course, was a serious business. However, by the time we finished, it became fun for me...You know I have never felt so comfortable and relaxed with a perfect stranger as I felt with you." – Alma Specht.

Over \$25,000,000 worth of Tidewater real estate was handled by Cam Templeton since 1976. To do such a tremendous amount of business and do it so well – according to her Buyers, Sellers, and Peers – is a rarity indeed.

"Our real estate agent was tremendous, she did more than what was expected." – Lt. & Mrs. Daniel Johnson.

"All of our praise goes to the excellence and professionalism of our agent." – Lcdr. & Mrs. James Bray.

"Mrs. Templeton's performance as our agent has been far beyond that normally expected of an agent." – Lcdr. & Mrs. Joe Satrapa.



**PROFESSIONAL
REALTY CORP.**

468 Investors Place
Virginia Beach, VA 23452
1-800-444-8103
(804) 420-0000
(804) 428-3222

Name _____

Address _____

City _____ State _____

Phone _____ Zip _____

Rank _____

Expected date of move _____



468 Investors Place • Virginia Beach, Virginia 23452

CALL 1-800-444-8103 OR (804) 428-3222

Editor-in-Chief

Nancy Lawson
SMC 2330 647-9315

Advisor

Mary Sarepera 373-7950

Assistant-to-Editor

Debra Vitale 647-9446

Production Editor

Mollie Baker 375-9198

Copy Editor

Jackie Barile 373-1065

Roberta Atkinson 375-4353

Advertising Director

Joy Lukenbill 646-8390

Illustrators

Kathy Titley 394-7462

Gus Stafford 647-9724

Photographer

Lydia Ariaudo-Gragg . 372-5724

Writers

Lydia Ariaudo-Gragg . 372-5724

Connie Doner 646-8459

Debra Farley 372-6745

Mary Anne Schneider . 372-2744

Leigh Garner

The *Classmate* was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students Wives Club of the Naval Postgraduate School. Material and opinions contained herein are those of the publishers and are not to be considered an official expression of the Department of the Navy. Because of its functions as an unofficial medium for the Officer Students Wives Club, advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to re-print any material herein. Published at no cost to the U.S. Government by Herald Printers, 201 Foam St., Monterey, CA.

The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

Material and opinions contained herein are those of the contributors and should not be considered an official expression of the Officer Students Wives Club or the Department of the Navy.

TABLE OF CONTENTS

Editor's Note	2
---------------------	---

OFFICER STUDENTS WIVES CLUB NEWS

President's Message	3
OSWC Mini Classes	4
New Kids on the Block	6
A Special "Thank You"	7
A Holiday Tradition	7
NPS Ties and Accessories	8
La Mesa Women's Bible Studies	9
February Gala	10

COMMUNITY INFORMATION

Navy Relief	11
Religious Services at NPS	12
Career Networks	13
Prayer Breakfast	14
Community Hospital Classes	15
Family Planning	17
Eagle's Eye Gallery	18
Early Detection	29

FEATURES

Santa Claus is Coming to Town	22
Christmas Reflections	28
A Helping Hand	30
The Record Stands	32
An NPS Father	36
M-O-M Spells Relief	38
Volunteers Have Halos	42

COLUMNS

Rugrats	19
Rugrats 2	20
Living With Children	34
Touch of Humor	37
Paw Prints	39
Stormy Weather	40
Volunteers	43
Navy Bleu	44

On the Cover: "The Lone Cypress"
by Gus Stafford

Editor's Note

by Nancy Lawson



December has arrived! Six months ago I did not think I could put out one issue of *The Classmate*, let alone survive to see my last issue as editor put to bed. My husband, John has been truly supportive. Many days he was my link with the printer, saving me many steps! Thank you honey, you have been wonderful! It is with some regret that I see that my last issue has arrived. It is hard to say goodbye to something that you have worked so hard on and put so much of yourself into, but I do so with the knowledge that I am leaving my "baby" in capable hands. Lydia Ariaudo-Gragg will assume the position of editor-in-chief in January. Many of you know her from her "Touch of Humor" column. Lydia also writes for the *Carmel Pine Cone*.

As you prepare for this holiday season, scan the center section of *The Classmate* to see if you recognize any of the "Letters to Santa". Several classes from La Mesa Elementary helped us with this assignment and they did a terrific job! If you are having problems breaking the news about

Santa to your children, check out "Stormy Weather" as Mary Anne Schneider shares her experience of this difficult task. Take a moment to read "Paw Prints" for some do's and don'ts of puppy shopping before your children ask for one at Christmas.

We have much to be thankful for this holiday season, least of which is that this community survived the October 17 earthquake without any serious damage. Bonnie Tidd reflects on the actions taken by the Postgraduate community to help others who were not as fortunate as ourselves.

I would be remiss if I did not take the time, in this my last issue as editor, to thank the many people who helped me make *The Classmate* a reality each month. Elves do not come in the wee hours of the night, do all the writing, proofreading, take the photographs, draw the illustrations, sell the advertising or produce a "dummy" of *The Classmate*. Real people put hard work and a lot of themselves into *The Classmate* each month because they enjoy what they are doing. Gus Stafford has

worked many hours on illustrations which have made *The Classmate* really special. Molly Baker has spent many days each month putting the dummy together. It is like fitting all the pieces of a puzzle together, but sometimes you have to do it in a hurry. Joy Lukenbill has spent many days selling the advertising that makes the production of *The Classmate* possible. We take great pride in the fact that *The Classmate* receives no outside funding for production. Our ads pay the entire bill. I have not always been easy to reach and Debbie Vitale was wonderful as the assistant-to-the-editor. She made my job much easier. Mary Anne Schneider often volunteered to do more than just her column. Many times I could not have filled the pages of *The Classmate* if not for her many articles. The rest of my writers, Connie Doner, Debra Farley, Lydia Ariaudo-Gragg and now Leigh Gardner, have done a truly superb job each month. Because of the hard work of all these people *The Classmate* remains fresh and interesting! Merry Christmas everyone!!



Custom Framing & Art Supplies Chop Service
We specialize in the framing of needlework
 Family Owned and Operated

Debby • Rich • Bernice • Harry

305 Forest Ave • Pacific Grove, CA 93950 • 408/649-4674



President's Message

I am very proud of the way Officer Students Wives Club, OSWC, and the Naval Postgraduate School community responded to earthquake relief. At Thanksgiving my family gave extra thanks for the victims and those who have been giving their time and energy to help those in need.

Now December is upon us. The OSWC is sponsoring the Giving Wagon which will come through La Mesa on Saturday, December 9. Please have non-perishables ready for pick up if you wish to contribute. The food is sent to stock food lockers for the homeless on the peninsula.

The OSWC also sponsors two children's programs this month. The first is the Children's Christmas Party on December 10. The other activity for children is Santa Visits. Santa Visits, where Santa comes to your home and



by Bonnie Tidd

visits with your children, will be held the second week in December. Watch the *Pink Flyer* for more information.

It is also time to bid some friends goodbye and welcome new friends as graduation approaches. With graduation comes our December Bargain Fair which is the 2nd of December at the La Mesa School.

I would like to invite all of you to the annual presentation of the Messiah at the Main Post Chapel, North South Road, Fort Ord, on the evening of December 3. This is a combined community effort and for many starts the Christmas season.

December marks the halfway point in my term of office and I have enjoyed being President of the OSWC. The Executive Board and I wish everyone a Merry and Safe Holiday. ■

OSWC MEMBERSHIP

The OSWC is the Officer Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly *Pink Flyers* and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Libby Salmons, 1296 Spruance, Monterey, CA 93940. Phone 647-8862, SMC #2525. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay). Membership is free to all International spouses.

SMC # _____ New Member _____ Renewal _____ Active _____ Associate _____

Last Name _____ First _____ Phone # _____

Spouse's Name _____ Rank _____ Service _____

Curriculum _____ Graduation Date (month/year) _____

Address _____ City _____ Zip Code _____

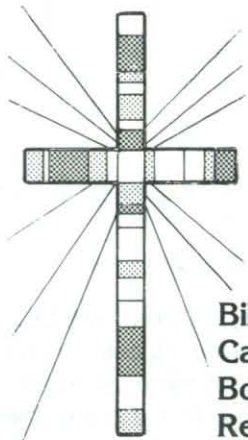
Length of Membership _____ Amount Enclosed \$ _____

Are you interested in committee work? YES _____ NO _____ Volunteer? YES _____ NO _____

Would you like to participate in our club administration? YES _____ NO _____

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only) YES _____ NO _____

Would you like a copy of the OSWC By-Laws? YES _____ NO _____



Bibles,
Cards,
Books,
Records

MONTEREY BIBLE BOOK STORE

487 ALVARADO, MONTEREY
(408) 375-6487
Mon.-Sat. 10:00-5:30

VACATION TICKETS
FARE
QUOTES

AIRLINE MILITARY
DISCOUNTS

AMTRAK BUSINESS
PLEASURE

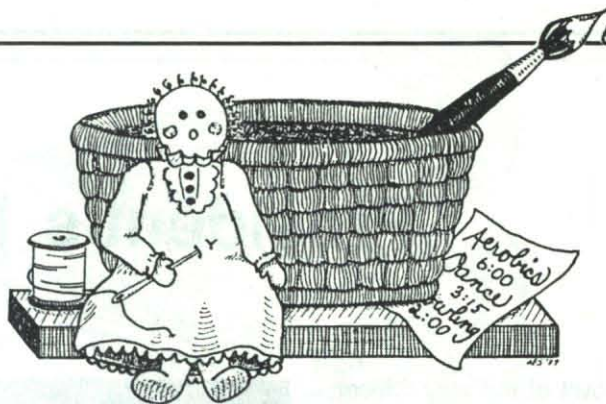
*For the Best Travel
Planning Service,
Visit the Professionals at*

JOY OF TRAVEL

60 Bonifacio Plaza
Monterey, CA 93940

649-8747

Mon. Thru Fri.
9:00 AM - 5:30 PM



Officer Students Wives Club

Mini Classes

by Nancy Pullen

If you are interested in teaching a class, Officer Students Wives Club, OSWC, Activities would love to know about it. Please phone me, Nancy Pullen at 375-4547, and I will be happy to list your name and course. It is a great way to meet people and it puts a little money in your pocket! If you are interested in taking any of the courses listed below, please call the instructors for more information.

NEW CLASSES

Fitness Aerobics — Christy Evans (372-3715).

A complete workout designed to be most effective as a calorie burner and muscle toner. Improve your flexibility, cardiovascular fitness, and endurance to this exhilarating and satisfying workout. Time: Wednesday 7:00-8:00 p.m. Note: Low impact aerobics still available Monday and Thursday, 7:00-8:00 p.m.

CURRENT CLASSES

Aerobics and Toning — Barbara Behrle (647-1690).

Art School for Children — Lisa Stoshak (375-7713).

Basket Weaving — Margi Thompson (647-1991).

Body and Soul — Connie Doner (646-8459).

Bowling — Cindy Ariel (372-4211).

Career Bridge — Bernice Moore (649-0834).

Children's Creative Dance — Terri Grimshaw (624-3799).

Cross-Stitch Instruction — Kathleen Anderson (372-1334).

Dried Apple Wreath — Tami Arnold (372-9206).

Low Impact Aerobics — Christy Evans (372-3715).

Mom and Baby Aerobics — Teresa Powell (373-5473).

Mother's Morning Out — Jennifer Kiel (647-8817).

Piano — Nathalie Plotkin (373-5671).

Piano — Kazuko Mockett (624-9596).

Piano-Harpsichord — Katie Clare Mazzeo (372-2233).

Racquet Sports Instruction — Kent Allison (646-2481/2161).

Suzuki Violin and Viola Lessons — Mildred Kline (624-9541).

Tennis Instruction — Jane Porter (372-8812).

Two of Hearts Prenatal Aerobics — Teresa Powell (373-5473).

TUTORING

Elementary Grades — Paula Gorsuch (375-7465).

Elementary Grades and Sign Language — Susan Anderson (373-5407).

Spanish Tutoring — Laura A. Query (375-8621).

Tutor — Marion S. Wilson (373-3845).

RELOCATING?

Washington, D.C., Northern Virginia

COME TO AN OPEN HOUSE

MONTEREY HOTEL RESORT
1000 Aguajito Road, 10 a.m. - 4 p.m.
January 19, 20 and 21
Peninsula Room



**SANDY
MARTINISKO**

SPECIALIZING IN MILITARY RELOCATION
MAPS—BROCHURES—FINANCING—SCHOOLS
PUBLIC TRANSPORTATION—RECREATION—MORE!

ASK ABOUT OUR SPECIAL AIR FARE BONUS

Send for Relocation Package

Washington D.C./Northern Va. —
RE/MAX ELITE

c/o Martinisko
5641 Burke Centre Pkwy.
Burke, VA 22015
1-800-344-7253

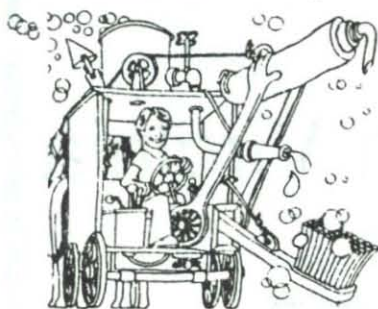
NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ ARRIVAL DATE _____

Dentistry for Infants, Children & Teenagers



MILITARY DEPENDENT INSURANCE PLAN

MEMBERS:

- AMERICAN DENTAL ASSOCIATION
- AMERICAN ACADEMY OF
PEDIATRIC DENTISTS
- CALIFORNIA SOCIETY OF
PEDIATRIC DENTISTS

*We specialize in the dental
care of young people from
birth to age 18*

J. Mark Bayless, John Faia, III,
D.M.D. D.D.S.
333 El Dorado,
Monterey • 375-4892

Congratulations

A new baby is always exciting...

We want to make the experience as enjoyable and convenient as possible for you...from layette charts to baby gift registries. With the best selection in Monterey County, and the most knowledgeable staff, we're here to help you meet your baby furniture, clothing (up to size 14) and accessory needs.

We're looking forward to working with you...

Rascals

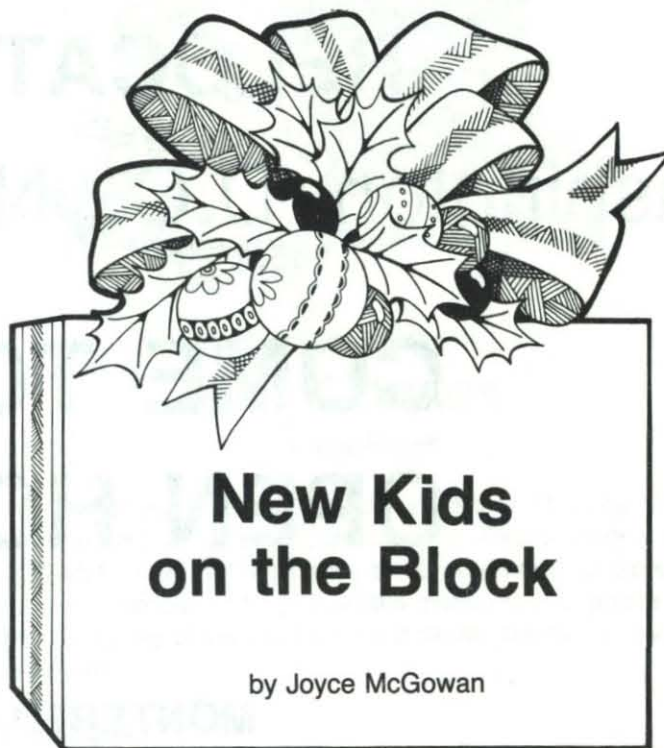
... your child's specialty store

910 S. Main 780 Abrego
Salinas Monterey
424-2861 373-0928

Open Daily 10-6
Sunday 12-5
or by Appointment

*(Bring this ad in for a 10% discount
on your next clothing purchase)*

A B C D E F G H I J K L M N O P Q



New Kids on the Block

by Joyce McGowan

A daughter, **Margo Wynne**, 8 lbs. 10 ozs., on August 12, 1989, to **David** and **Susan Caldwell**.

A daughter, **Renee Elizabeth**, 8 lbs. 1 oz., on September 18, 1989, to **Ted** and **Nancy Shuman**.

A daughter, **Alison Melissa**, 9 lbs. 3 ozs., on September 29, 1989, to **James** and **Laura Plosay**.

A daughter, **Ashley Nicole**, 7 lbs. 4 ozs., on October 1, 1989, to **Nick** and **Sue Mato**.

A son, **Collin Campbell**, 8 lbs. 9 ozs., on October 2, 1989, to **Campbell** and **Cynthia Shannon**.

A daughter, **Michelle Aldona**, 6 lbs. 10 ozs., on October 5, 1989, to **Daan** and **Debbie Guilmette**.

A daughter, **Mary Kate**, 6 lbs. 13 ozs., on October 10, 1989, to **Don** and **Cathy Needham**.

A son, **Alex James**, 8 lbs. 14 ozs., on October 10, 1989, to **Rolly** and **Chris Yardley**.

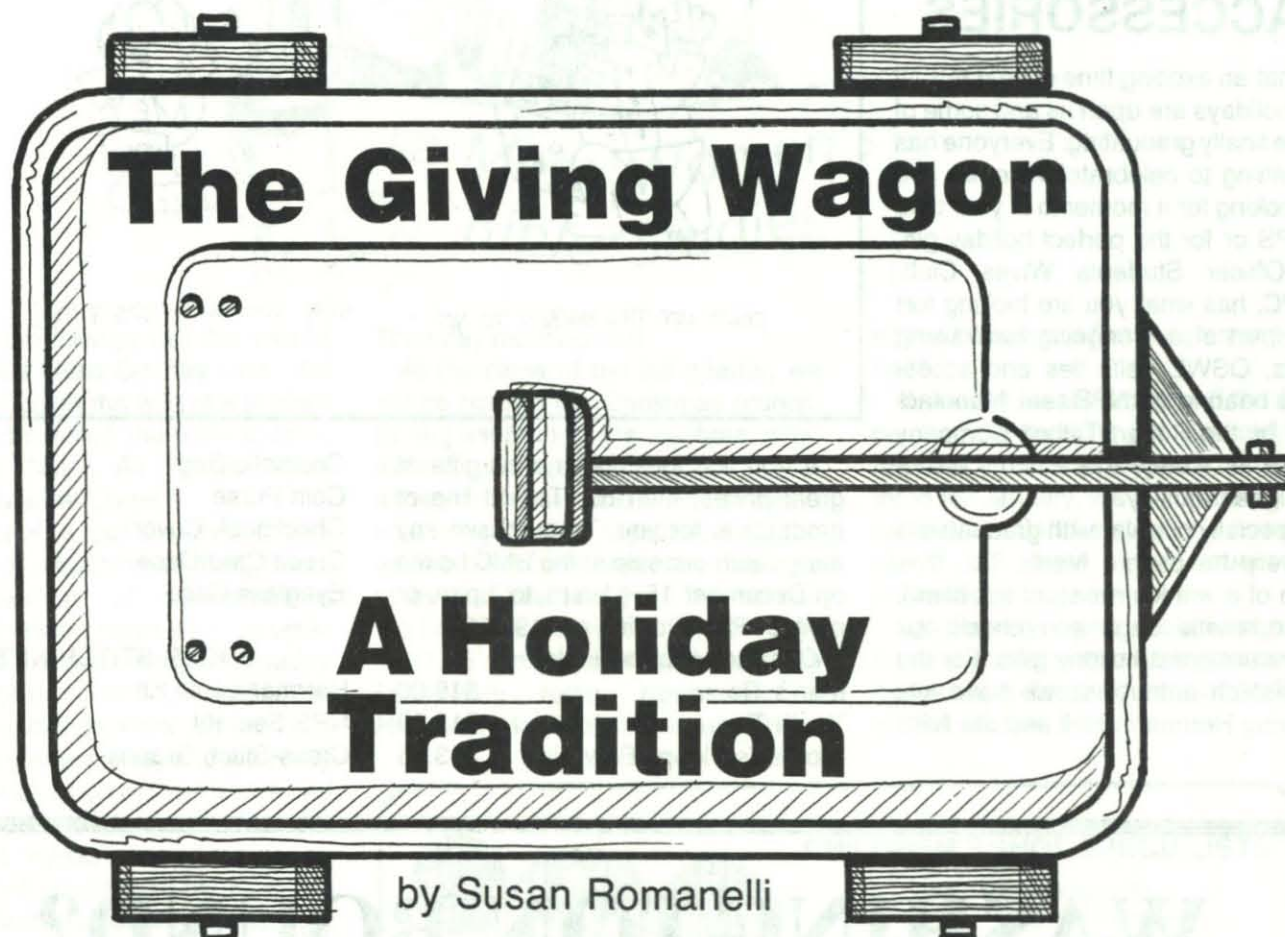
A son, **Scott McIntosh**, 8 lbs., 9 ozs., on October 14, 1989, to **William** and **Marie Garrabrants**.

R S T U V W X Y Z 1 2 3 4 5 6 7 8

If you are an active, associate or honorary member of OSWC and are expecting a baby during your tour at the Naval Postgraduate School, you are entitled to receive a special birth certificate from OSWC and to have an announcement printed in *The Classmate*. This gift also applies if you are an OSWC member and have had a baby born in Monterey within the last six months.

When you have your baby, please notify Joyce McGowan with information about the birth. If calling us to advise us of the birth of a neighbor's baby, please advise us of the correct spelling of the parents' names, and the baby's name, birthdate and weight.

A B C D E F G H I J K L M N O P Q



by Susan Romanelli

The second annual Giving Wagon food drive will get under way Saturday, December 9. Volunteers dressed in holiday red or green will be bringing their wagons door-to-door through La Mesa to collect canned or dry foods, paper goods, baby and personal hygiene products between 10 a.m. and 12 noon that day.

Giving Wagon volunteers will meet in front of the La Mesa School at 9:30 a.m. for a brief orientation, coffee and donuts. Anyone who would like to volunteer for a few hours to collect donations or to lend a wagon for the morning, please call Pamela Wawrzeniak at 373-7346 or Susan Romanelli at 372-7918.

All donations will be divided between the Monterey Peninsula Outreach and the San Pablo Mission. Besides the usual canned foods, the shelters need non-perishable foods that do not require cooking. Such items would include peanut butter, tuna fish, canned fruits, stews and baby formula. Rice is also needed as well as personal hygiene items like toothpaste, toothbrushes, toilet paper, soap, and of course diapers. People who would like to make monetary gifts should make checks payable to the Officer Students Wives Club, OSWC, and include SMC box numbers so that the Holiday Charity Committee can send you receipts.

The Giving Wagon was created last

year by the OSWC to help feed the hungry and homeless of Monterey. The thousand cans of food and other items collected, enabled two local shelters to stock their pantries and feed hundreds of people for over a week during the busy holiday season. To make this event a success this year the Giving Wagon volunteers need your help. If you are moving in December please save any canned and non-perishable items. If you will not be home on December 9 there will be donation boxes outside the Village Store and the Housing Office from December 4 - December 9. Whatever your holiday plans, please make a note on your calendar for the Giving Wagon. ■

NPS TIES and ACCESSORIES

What an exciting time of year this is! The holidays are upon us and some of us are finally graduating. Everyone has something to celebrate! Whether you are looking for a memento of your time at NPS or for the perfect holiday gift, the Officer Students Wives Club, OSWC, has what you are looking for!

As part of our ongoing fundraising efforts, OSWC sells ties and accessories bearing the NPS seal. Manufactured by the Robert Talbott Company of Carmel Valley, these items are of the highest quality.

Especially popular with graduates is the very handsome Men's Tie. It is made of a wrinkle resistant silk blend. Our cosmetic bags and checkbook covers are great holiday gifts. For the cross-stitch enthusiast, we have kits featuring Herrmann Hall and the NPS seal.



DON'T LET THIS HAPPEN TO YOU—

STAY COOL WITH NPS TIES!

If you are looking for nice gifts at great prices, then our Talbott line of products is for you. To purchase any item, catch our sale at the SMC boxes on December 15, 11 a.m. to 1 p.m. or contact Pam Darden at 649-8588.

Our current price list is:

Men's Tie	\$19.00
Youth Tie	\$15.00
Women's Floppy Bow Tie	\$13.75

Cosmetic Bag	\$7.50
Coin Purse	\$7.50
Checkbook Cover	\$6.00
Credit Card Case	\$6.00
Eyeglass Case	\$4.00

CROSS-STITCH KITS

Herrmann Hall Kit	\$4.00
NPS Seal Kit	\$5.00
Cross-Stitch Graphs	\$2.00

WASHINGTON BOUND?

Let's Discuss:

**AREAS ★ HOMES, NEW AND RESALE
SCHOOLS ★ TRANSPORTATION
SHOPPING & RECREATION
★ MILITARY FACILITIES
FINANCING, ALL TYPES ★ VA-FHA
ELIGIBILITY ★ SETTLEMENT COSTS**

BIG BONUS: I will reimburse you at settlement for one round trip air fare to Washington if you buy through Mount Vernon and Bob Green in 1990-91 (Super-Saver Rates). THIS IS A NO-STRINGS OFFER!

Relocating to anywhere in CONUS or Hawaii?
Let me solve your housing and relocation problems.

Merry Christmas

**FRI., JANUARY 5 4:00 P.M.-7:00 P.M.
SAT., JANUARY 6 10:00 A.M.-6:00 P.M.
SUN., JANUARY 7 10:00 A.M.-4:00 P.M.**

**Monterey Hotel Resort —
Peninsula Room
(off Lobby)
1000 Aguajito — Monterey
Telephone 373-6141**

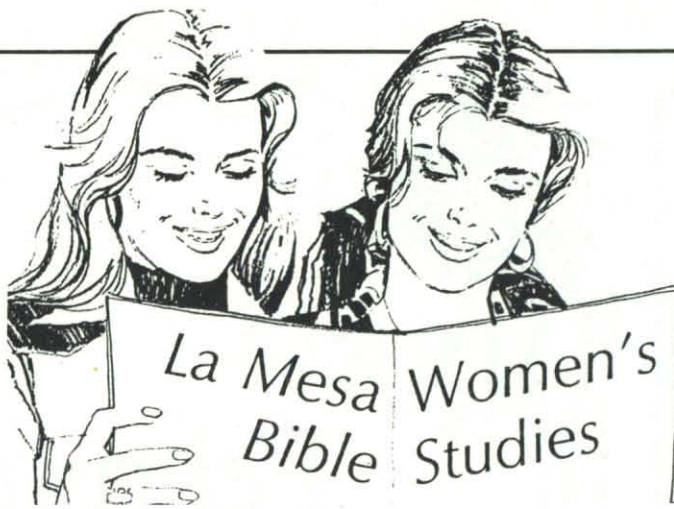
BOB GREEN, GRI
BROKER-NOTARY
PRESIDENT'S CLUB
COLONEL USA (RET)

1700 DIAGONAL ROAD
ALEXANDRIA, VIRGINIA 22314

Off: (703)739-3100
(703)683-7723

Res: (703)354-5261
1-800-336-0276





Though we jokingly call this tour of duty the "La Mesa Country Club" the truth about being the wife of a student here is that it is *not* "the easiest job in the Army, Navy, Air Force, Coast Guard or Marine Corps"!

For most of us, our time in Monterey is a time of searching and adjusting. The excitement of a permanent change of station move with the prospect of a "full-time" husband and daddy quickly wears off with the realization that our husbands work just as hard here as anywhere else, and we really do not see as much of them as we had hoped.

With the myriad of free-time opportunities to fill your empty hours, different organizations vie for your attention. What can we offer you through the La Mesa Womens' Bible Study? We offer you a chance to study God's word through a wide variety of topics. A few of the studies that will be offered in January are on stress; marriage, according to God; and an in-depth look at Romans. The La Mesa Womens' Bible Study also offers you small group studies where you will be accepted and loved. It is a wonderful way to get to know your neighbors in our close community that have a desire to know God better, just as you do.

In addition to the quality studies we offer for you, we also maintain an excellent childcare system with ladies from our group who have volunteered their time. For a nominal fee each week, your children are cared for lovingly, and will hear a Bible story suited for their age. We provide indoor and outdoor activities for them so they have as good a time as you do on their

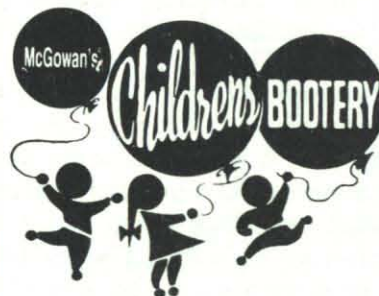
Thursday morning out!

At the close of the fall quarter, we will be holding our Christmas brunch. During the brunch, the teachers of the various studies will introduce themselves and their topics. It is simply a time of gathering together, enjoying each other's company and choosing a study that interests you. The date of the brunch is December 14, from 9:30 to 11:45 a.m., and will be held in the La Novia room, downstairs in Herrmann Hall. To make a reservation

for the brunch call Betsy Ayres at 649-8485.

If you are unable to attend the December 14 brunch, but are still interested in what studies are being offered for January, we still invite you to participate. Call Betsy at the number above to have your questions answered.

La Mesa Womens' Bible Studies is non-denominational and is sponsored by the Naval Postgraduate School Protestant Chapel. ■



350 Del Monte Shopping Center
Next to McDonald's 373-2828

CHILDREN'S SHOE SPECIALISTS

We Carry Widths to Fit
The Very Narrow and Very Wide
Your Doctor's Orthopedic Prescriptions
Accurately Filled
Dance Wear

**10% Discount
to Classmate readers
with this ad**

STRIDE RITE LAZY BONES



Across from NPGS
1231 10th Monterey

372-2447
7:30 AM-5:30 PM

FIRST STEP PRE-SCHOOL



- 2, 3, 4, & 5 Days
- Full & Half Days
- Ages 2-4½ years
- Dance Lessons
- Field Trips

STATE LIC#27079745
Linda L. Schreiber, Owner

SERENDIPITY PRE-SCHOOL



A quality academic program
with individualized instruction
including pre-school,
pre-kindergarten and
kindergarten classes.

Curriculum includes:
Music Math Art Science Computers
Pre-Reading & Reading Phonics
Cooking Baking And Much More!

Full and Part-time Sessions
For More Information Call 375-9743

1231 Seventh St., Monterey
(A Block from Postgraduate School)

DEL MONTE EXPRESS



Home of the Adult
Five Napkin Burger

Your Host Engineers
Larry, Cindy and Joe

Two Locations
2329 North Fremont
2114 Del Monte Avenue
Monterey, CA 93940

408-655-1941
408-372-9510



February Gala

While most of us have been too busy scrambling toward that last holiday rush to anticipate the mid-winter blues, the Officer Students Wives Club, OSWC, Holiday Charity Committee has planned a gala event for February. A Masquerade Charity Ball is slated for February 24, 1990 at 8 p.m. The theme for the evening is Mardi Gras and dress will be mask and costume or mask and civilian attire.

Prizes will be awarded for the best costumes and if you're wondering what to wear to a Masquerade Ball, a "Costume Revue" has been scheduled for Friday, January 26 at 8 p.m. in the Barbara McNitt Ballroom. This costume show will feature models dressed in clothing available from local thrift shops, vintage clothing stores, and costume rental outlets. Masquerade tickets will be sold that evening and also from 11 a.m. to 1 p.m. on January 22 and 23 in the Ballroom. A portion of each ticket is tax deductible and the benefiting charity will be announced before ticket sales.

The Masquerade Ball will be held in the Barbara McNitt Ballroom. A buffet, wine, punch, coffee and a cash bar will be available with a disc jockey provid-

ing the music. Watch for more details in next month's *Classmate* and *Pink Flyer*.

Remember, while you are nursing your family through the post-holiday let-down and the back-to-school complaints, there is no better cure than getting together with your friends for a great time and a good cause.

MASQUERADE CHARITY BALL BUFFET MENU

Cold meat variety: roast beef, turkey and ham
Assortment of fruit
Vegetable platter with dip
Cheese platters with crackers
Calamari strips with dipping sauce
Petite quiche lorraine
Sweet and sour meatballs
Swedish meatballs
Chicken drumettes
Assorted rolls and breads
Fudge brownies
Cheesecake squares
Coffee
Fruit Punch
Two carafes of wine per table
Cash bar



Navy Relief

by Jennifer Church

Would you like to learn more about military pay and allowances, military benefits, financial management, Navy Relief policies or how volunteer work can help you to increase your knowledge, brush up on your office skills and learn to help others?

This year you can learn all of that and more! The Navy Relief Training Course will be held January 9-12, from 9 a.m. to 12 p.m. in the Fellowship Room of St. Thomas Aquinas Catholic

Chapel. The course will be taught by Peg Kirkland, Executive Director, East San Francisco Bay Auxiliary of Navy Relief and will offer invaluable information and training. One of our attendees from last year's course told us that the information she received during the course enabled her to collect several hundred dollars in allowances to which she had not known she was entitled!

There is no charge for this course. You do not have to be a Navy Relief

volunteer to sign up, though we can always use volunteers who have taken the course, and we will reimburse you for child care.

For more information and to sign up for the course, please call the Navy Relief Office at 373-7665; or come by our office, downstairs from the Quarterdeck in Herrmann Hall, Monday, Wednesday or Friday between 10 a.m. and 1 p.m. **We'll be looking for you!**

ORDERS TO D.C. AREA?



Susie Mardis
Associate Broker, CRB

COME BY AND SEE US!

Monterey Hotel Resort
1000 Aguajito Road (Peninsula Room)
373-6141

FRIDAY, JAN. 26 5-8 PM
SATURDAY, JAN. 27 9-5 PM
SUNDAY, JAN. 28 9-5 PM



Bruce Wilder
Military Relocation
Specialist
Colonel, USA (RET.)

UNIVERSITY
ealty
ssociates

- * Call today for your free Relocation Package (maps, info. on homes, Schools, military facilities and more)

TOLL FREE 1-800-847-7787

- * Find out how our BONUS PACKAGE saves you money and protects your home investment.



American service.
merican pride.

Religious Services at NPS

Welcome to the Naval Postgraduate School! The Command Religious Program sustains a worshipping community in which student and staff alike benefit from an atmosphere of support and encouragement.

Staff Chaplains provide:

- Worship Services
- Premarital & Marital Counseling
- Personal Counseling & Referral
- Baptism, Confirmation & First Communion
- Hospital Visitation
- Dedications

Chapel family life is further strengthened by strong lay leadership and volunteer participation in a number of different ministries:

- Chapel Councils
- Worship & Liturgy
- Religious Education

- Bible Studies
- Fellowship & Outreach
- Charities
- Music

Catholic

Masses

St. Thomas Aquinas Catholic Chapel located next to the Navy Exchange bookstore. Phone 646-2242.

Service hours are as follows:

Saturday 1715
Sunday 0900 and 1100
Holy Days 1215 and 1715
Weekdays 1215

Confession

Saturday 1630-1715

Before each Mass upon request

Religious Education

2 yr. olds Sunday 0900
3-5 yr. olds during all weekend Masses

Grades 1-4 Mon. 1515-1630
Grades 5-8 Sun. 0700-0815
(Grades 1-8 meet in teachers' homes October through May)
Youth Group Sun. 0700-0830
Charismatic Prayer Group Tues. 1930 in the Chapel, followed by mass at 2030

Adult Enrichment

Cursillo, Library, Marriage Encounter, Renew, I.H.S., Summa, VIP Lectures, etc.

Music

Preschool Choir Tues. 1530-1600
Junior Choir Thurs. 1615-1700
Adult Choir Thurs. 1930
(The children's choirs practice in La Mesa School Multi-purpose Room)

Parish Council

Second Thursday 1930 in the Chapel Fellowship Room

Protestant

Worship Services

Services are held in the Christ The King Chapel, located on the first floor of Herrmann Hall, just down the hall from the Quarterdeck. Phone 646-2241. Service hours are as follows:

Sunday 0930 and 1100

Bible Studies

Chapel Sponsored Study Groups
Officers' Christian Fellowship
Campus Crusade for Christ
International Fellowship
La Mesa Women's Bible Studies
Thursday 0945-1115 in La Mesa
(Child care available)

Choir Practice

Adult Tue. 1900-2030
Primary Wed. 1530-1600
Junior Wed. 1615-1700

Prayer Breakfast

Officers' Club Wed. 0645-0755

Chapel Council

Second Thursday 1900 Conference Room Herrmann Hall

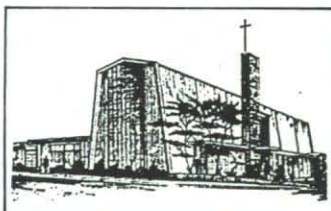
Other Faith Services

Information and referral regarding other faiths is available from the Chaplain's office. Please phone 646-2241/2242 between 0800-1630 Monday through Friday. ■

BETHLEHEM LUTHERAN CHURCH

800 Cass Street, Monterey
(between Webster and Eldorado)

We welcome you and invite you to share in our worshipping, serving, and caring community.



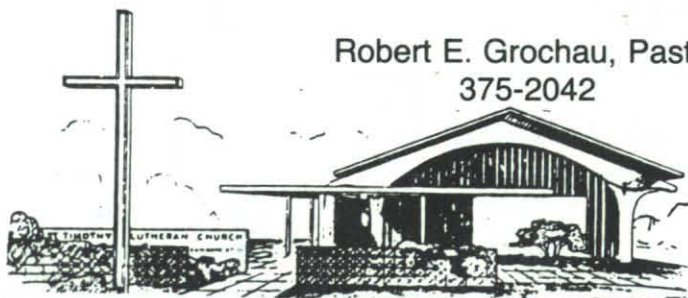
Arnold G. Steinbeck, Pastor
Office: 373-1523
Home: 372-5085



9:00 AM Bible Study and Sunday School
10:30 AM Worship with Holy Communion
Nursery Care Provided During Worship
Weekday Home and Small Group
Fellowship Bible Studies Available

ST. TIMOTHY LUTHERAN CHURCH - ELCA

Robert E. Grochau, Pastor
375-2042



Worship 10:30 a.m. • S. Ch. School 9:15 a.m. • Child Care Provided
52 Soledad Dr. (Exit Highway 1)

Career Networks

Frequent moves and separations can make sustaining a career outside the home a major challenge for military spouses. While careers were not considered an option for most military spouses in the past, that is no longer the case. However, the women and men who are married to service members are confronted with career challenges and dilemmas not typically faced by their civilian counterparts. The mobility requirements of the service member and extended family separations present the military spouse with a unique set of circumstances.

Two Military Spouse Business and Professional Network organizations were recently formed in the San Diego and Washington, D.C. areas. They are non-profit, self-help organizations for spouses seeking to further their own careers while supporting those of their active duty husbands or wives.

The Networks offer lectures and workshops on topics of interest to working spouses. Network members currently working in various occupations serve as contact persons to provide information useful in spouses' career planning and job searches. The Network also provides a data base and directory to assist members in meeting others with similar interests. Perhaps equal in importance to these services, the Network provides opportunities to establish a link with other working spouses who have successfully combined a military marriage and career.

The Network's membership is open

to all active duty and retired military personnel as well as survivors. Many members are not currently employed outside of the home but make use of their Network contacts to plan and prepare for their eventual entry to the job market.

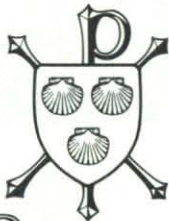
Kay Cook, currently Spouse Employment Assistance Program (SEAP) Coordinator for the Navy, established the Washington, D.C. area Military Spouse Professional and Business Association while serving as SEAP Coordinator for the Family Service Center, Anacostia Navy Yard.

For additional information on these organizations, please write to:

Mary Farrell
MSBPN
Navy Family Service Center
Box 216, Code 12
NAS San Diego, CA 92136-5216

Kay Cook
Navy Spouse Employment Assistance
Program
Navy Military Personnel Command
Washington, D.C. 20370

ST. JAMES



PARISH

THE EPISCOPAL
CHURCH IN MONTEREY

381 HIGH STREET
MONTEREY
CALIFORNIA 93940

WE INVITE YOU
TO WORSHIP WITH US!

SUNDAYS 8 & 10:15 A.M.
EUCCHARIST

PROFESSIONAL CHILD CARE
AT 10:15 A.M.

FRANKLIN & HIGH STREETS
(CLOSE TO NPS AND LA MESA)
TEL: 375-8476

Your
Children...
some of our
most important
members.



Family Life
COMMUNITY CHURCH

meeting at
Monterey Peninsula College, Forum #103
SUNDAYS AT 10:00 A.M. • OFFICE 373-8491

FAVALORA CHIROPRACTIC

387 OCEAN AVENUE
MONTEREY, CA 93940

Dr. Favalora is offering complimentary
consultations and exams with ad.

DO YOU SUFFER FROM THE FOLLOWING?

- | | |
|-------------------|------------------------------|
| 1. HEADACHES | 5. NECK, SHOULDER & ARM PAIN |
| 2. NERVOUSNESS | 6. NUMBNESS IN HANDS OR ARMS |
| 3. PAINFUL JOINTS | 7. PAIN BETWEEN SHOULDERS |
| 4. LOSS OF SLEEP | 8. LOW BACK & LEG PAIN |

DOMINIC J. FAVALORA, D.C.

PALMER GRADUATE

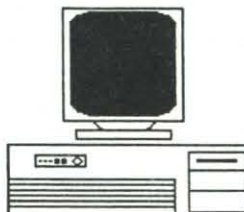
CALL FOR APPOINTMENT: 372-2863

TRUSTY ENTERPRISES

BUILDING COMPUTER SYSTEMS YOU CAN TRUST.

Are you looking for a new computer?

How about a system that is customized
to meet your needs, as well as your
budget, and don't forget personal service.



Quality has been designed into every Trusty system
from the start. Only proven components are used in
our systems to ensure high quality and reliability.

228 16th St. Pacific Grove Ca. (408) 655-2976

Animal Regulations

According to Navy Regulations, residents of La Mesa Village are limited to only ONE PET; either one cat or one dog. Monterey City and County Ordinances also state that all dogs over the age of four months must be vaccinated against rabies, be licensed, and ARE NOT PERMITTED TO RUN AT LARGE. All shots must also be updated.

Persons being disturbed by animals that are not kept under restraint, are a public nuisance, or cause personal injury should contact Security Police and file a written complaint. Owners are also responsible for cleaning up their own yards and they are expected to remove any excreta from public grounds on which their pets are exercised. Any questions concerning animal regulations should be directed to the housing office.

Pet adoption, routine animal care and vaccinations are available through the Animal Disease and Prevention Control Facility at Fort Ord. For appointments or additional information, call 242-4994.

SAN DIEGO BOUND?

COME TO AN OPEN HOUSE

AND TALK WITH FORMER-MILITARY
RELOCATION CONSULTANTS WITH
EXPERTISE IN ALL AREAS
OF SAN DIEGO COUNTY!



Bev Triplett

CASA MUNRAS GARDEN HOTEL
LIBRARY ROOM
700 MUNRAS AVE., MONTEREY, CA

FRIDAY JAN. 26 5-8PM
SATURDAY JAN. 27 10-4PM



Harry & Jan Nesbitt

FOR FREE RELOCATION PACKAGE

CALL TOLL FREE:
(800) 762-5599

OUTSIDE CALIF. CALL COLLECT (619) 422-4500



McMILLIN REALTY
A McMILLIN COMPANY

Community Hospital Classes

Health Risk Appraisal (HRA)

The Health Risk Appraisal is a personalized computer analysis that will show you in numerical terms how your life-style, medical history and eating habits affect your health now and in the future. A one hour counseling session with the Health Education Nurse will provide you with this information. The HRA includes a blood cholesterol test. Call Barbara Parker at 625-4558 for appointment.

Breast Self Exam

Ninety percent of breast cancers are self-detected by women. Come learn how to examine your breasts and about the role of mammography in cancer detection. Call Mammography Center at 372-6106 for the next class and to register.

Cholesterol Screening

Non-fasting cholesterol testing is offered by appointment every Thursday morning. Education materials are provided. For appointment, call the Cardiopulmonary Department at 625-4934.

Community Education Series on Addiction and Recovery Issues

The goal of this series is to provide the community with up-to-date information, education, and referral for the wide range of addiction issues faced by individuals, families, and groups. Each Saturday a different topic will be presented. For more information and dates, call the Outreach Supervisor 373-0946.

"Chemical Dependency"

Intervention Information Sessions

This class is an overview of Chemical Dependency and specifics of the intervention process. For more information, call 373-0924.

Childbirth Education

Childbirth classes are offered on an ongoing basis. Classes include childbirth preparation, refresher courses, cesarean birth preparation, tour, sibling classes, breast-feeding and more! Please call 625-4704 for information on how to register.

SUPPORT GROUPS

Diabetes Support Group

The Diabetes Support Group focuses on expert speakers and group discussions to increase knowledge and offer support on diabetes management. For questions, call the Patient Educator at 625-4644.

Coronary Club

Community Coronary Club, the cardiac support group, offers information and support to people with heart problems, their family members, and any other interested persons. For questions, call Cardiopulmonary at 625-4934.

Better Breathers Support Group

Better Breathers, a support group for people with pulmonary disease and their families, meets to exchange information, advice and concern regarding the management of different lung problems. For questions, call Pulmonary Wellness Nurse at 625-4934.

Alzheimer Family Support Group

This support group is for families who have relatives with memory loss, confusion. Call 625-4606 to register.

"Air Wise" Asthma Support Group

For parents of asthmatic children. For questions, call Pulmonary Wellness Nurse at 625-4934. ■



10½ x 16½


Herrmann Hall
Naval Postgraduate School
by Shari

Full color, limited edition print
signed and numbered by the Artist

available at the
Eagle's Eye Gallery
behind the museum in the basement
of Herrmann Hall

OPEN: MONDAY-FRIDAY 11:30-3:00

372-3565



Wee Care

A Christian Pre-School
and Day Care

PRESCHOOL	8:30-12:00
FULL CARE	7:30-5:30
AGES	2½-6

**NAZARENE
CHRISTIAN ACADEMY**

Kindergarten	8:30-1:30
1st Grade	8:30-2:15

1375 JOSSELYN CANYON ROAD
MONTEREY

375-5390



FIND OUT WHY OUR CUSTOMERS SAY

"THIS IS THE BEST PIZZA IN TOWN"

HOT FROM YOUR OWN
OVEN IN 12-15 MIN!

HOLIDAY SPECIALS

PARTY-PAK

4-Medium 12" 1-Topping Pizzas and
2 6-pak Softdrinks

ONLY \$21.50

Serves 8-12 Hungry People

• Everyday offer
• Not good w/other offers

MEDIUM 12" 1-TOPPING
PIZZA

ONLY \$5.00

INCLUDES 1/2 LB. FRESH 100%
MOZZARELLA CHEESE PLUS
ANY TOPPING OF YOUR CHOICE!

• Offer good thru 1-31-90
• Not good w/other offers

\$3.00 OFF

REG.
12.95

OUR LARGE 16"
7 TOPPING COMBO PIZZA
★★ WEIGHS 5-6 LBS. ★★

MOZZARELLA CHEESE PLUS MOUNDS
OF PEPPERONI, ITALIAN SAUSAGE,
SALAMI, MUSHROOMS, OLIVES,
BELL PEPPERS & ONIONS

• Offer good thru 1-31-90
• Not good w/other offers

OUR DOUGH IS HOMEMADE DAILY • ONLY INGREDIENTS OF THE FRESHEST AND HIGHEST QUALITY ARE USED

CALL AHEAD: 899-JAKE

1171 FREMONT BLVD., SEASIDE
NEXT DOOR TO PAYLESS SHOES

LOCAL CHECKS
WELCOME

QUALITY NEW & USED
BICYCLES

EXPERIENCED
REPAIR SHOP

BICYCLES FOR
ALL AGE GROUPS

Austor-Daimler
Mongoose
Ross
KHS
Puch

FREEWHEELING CYCLES

SAFETY & SERVICE FIRST

188 WEBSTER ST., MONTEREY 373-3855

LAYAWAYS
FREE PICKUP
AND DELIVERY
ON THE
PENINSULA

Hours:
Daily 9-6 p.m.
Sat. & Sun. 9-5 p.m.

ANNOUNCING!!!

The Fourth Annual
**Dr. Martin Luther King Jr.
Prayer Breakfast**

In recognition of Dr. Martin Luther King Jr.'s birthday, the Monterey chapter of the National Naval Officers Association (NNOA) and the Naval Postgraduate School, NPS, Equal Employment Opportunity (EEO) Office will be hosting its fourth annual Prayer Breakfast on Thursday, January 11, 1990 at 6:45 a.m. The event will be held in the Barbara McNitt Ballroom, Herrmann Hall building at the Naval Postgraduate School. The public is invited to join in this delicious meal and to hear this year's guest speaker Chaplain Leroy Gilbert, CDR, USN, Christ the King Chapel, Naval Postgraduate School. Tickets are \$6.00 per person and can be purchased at the Recreation Office of the Naval Postgraduate School in Herrmann Hall or ordered by phone NPS EEO (372-2174). For further details contact LCDR Young (373-5330).

The Future is ***NOW*** with ***LASERPHILE!***

LASERPHILE

State-of-the-Art Laser Video Discs & Players

Hi-Tech Laser Video Rentals and Sales at Low Prices!

RENTALS

\$ 3.00 per disc

LASER
VIDEO
PLAYERS



\$ 15.00 per day

**Grand Opening Discount
10% OFF Discs & Players**

with mention of this ad

- ☀ **RAIN MAN \$29.95**
- ☀ **LAND BEFORE TIME \$24.95**
- ☀ **DANGEROUS LIASONS \$29.95**

Beam Up Great Movie Titles from the Past and Present!
The Largest Laser Video Selection on the Peninsula!

LASERPHILE
26388 Carmel Rancho Lane
Carmel, CA 93923
(408) 626-8915

Family Planning

The future of family planning services in Monterey County is in serious trouble. Since Governor Deukmejian slashed California's family planning budget by two-thirds, Planned Parenthood of Monterey County has had to limit funded services to their Greenfield center. The agency's Monterey and Salinas centers must now charge their clients fees for their family planning services.

"The citizens of Monterey County most in need of family planning are facing an uncertain future," says Mary Rose Delgadillo, Planned Parenthood's Executive Director, "because our agency lost over \$300,000 in funding for serving low income women".

Hardest hit are the teenage clients: Planned Parenthood's figures show that the number of teen contraceptive clients is down 30% agencywide for August of this year compared to last year. To increase their teen clientele, Planned Parenthood offers them lower fees than adults and is working with the Department of Social Services to allow teens speedier access to Medi-Cal-funded services. "When dealing with teens, time is of the essence," Mary Rose relates, "On the average, teenagers are sexually active for at least 9-12 months before coming to a doctor or agency for birth control. Most teens become pregnant in the first six months of sexual activity. Monterey County ranked 10th highest of all California counties in the number of teen pregnancies."

For both teens and adults the continued provision of low cost family planning services is in question. Planned Parenthood, the largest provider of these services in Monterey County, needs the community's help in order to survive the loss of state funds.

Planned Parenthood of Monterey County is holding volunteer training classes. These classes are held at the Salinas Planned Parenthood building at 316 N. Main.

If you are interested in working with people and are willing to make a weekly commitment of three hours for

at least six months, consider donating your time to Planned Parenthood as a volunteer.

At Planned Parenthood of Monterey County trained volunteers work with

professional staff to provide vitally needed family planning and educational services to the community. For more information, please call Ginny or Pat at 758-6367 in Salinas.

— Since 1936 —



Herald Printers

Quality Printing • Brochures • Typesetting • Design

201 Foam St. • Monterey, CA 93940 • (408) 649-3333

Casa de Amigos Animal Hotel



"We Specialize in Animal Care"

- Boarding
- Bathing & dipping
- Indoor & outdoor runs
- Airport pickup and delivery

373-0482

715 Foam St.
Monterey



Dr. Charles R. Linkenbach, D.D.S.
General Dentistry

*Capt. Linkenbach was formerly the
Director of the Naval Postgraduate School Dental Department*

1010 Cass St.
Suite C-1

372-8011

EXPERT INCOME TAX PREPARATION

Deluxe Service by Appointment Only

H. & J. TAX SERVICE

P.O. Box 457, Pacific Grove, CA

649-8250

Col. H.F. (Hal) Adkins (Ret.)
Enrolled Agent

We know the Service Family's tax problems.
Years of successfully assisting *Classmate* readers.

Eagle's Eye



Gallery

The Eagle's Eye Gallery is the perfect place to find a holiday gift for that special person who already has everything. Original cards are great stocking stuffers and among the watercolors, pastels, acrylics, and oils you will find something for everyone.

Two gallery members have received special honors recently: Rosemarie Manke had three pieces accepted into the 56th Annual International Exhibition of the Arts Club of Washington, DC/Miniature Painters, Sculptors and Gravers' Society. Phil Bleicher has a painting showing at the Pacific Grove Museum of Natural History 24th Annual Watercolor Competitive. Congratulations to both artists!

The artist of the month is Ramona Faser. As the gallery will be closed December 23 through January 7, her show will run through the end of January. The gallery will be open on Friday, December 22, after exams are over. Gallery hours are 11:30 a.m. to 3:00 p.m. Monday through Friday.

\$1.00

OFF

MONTEREY'S MOST RECOMMENDED PIZZERIA

**Gianni's
PIZZA**

Authentic Italian Recipe!

A FRESH, THICK, delicious CRUST covered with a RICH tomato sauce.
LOADED with MOZZARELLA cheese and the FRESHEST meats and
VEGETABLES in any combination of your choice.

TRY ANY COMBINATION YOU WANT

...All Pizzas are **HAND TOSSED** not Machine Rolled.

**FRESH PASTA • ITALIAN SANDWICHES • FAMILY DINING
FULL COCKTAIL BAR**

Open Friday, Saturday & Sunday 11:30 a.m.

Open Monday thru Thursday 4 p.m.

GELATOS

For takeout service, call

649-1500

DESSERTS

Family Owned & Operated—

**ANY
LARGE
PIZZA**

725 LIGHTHOUSE AVE. • MONTEREY

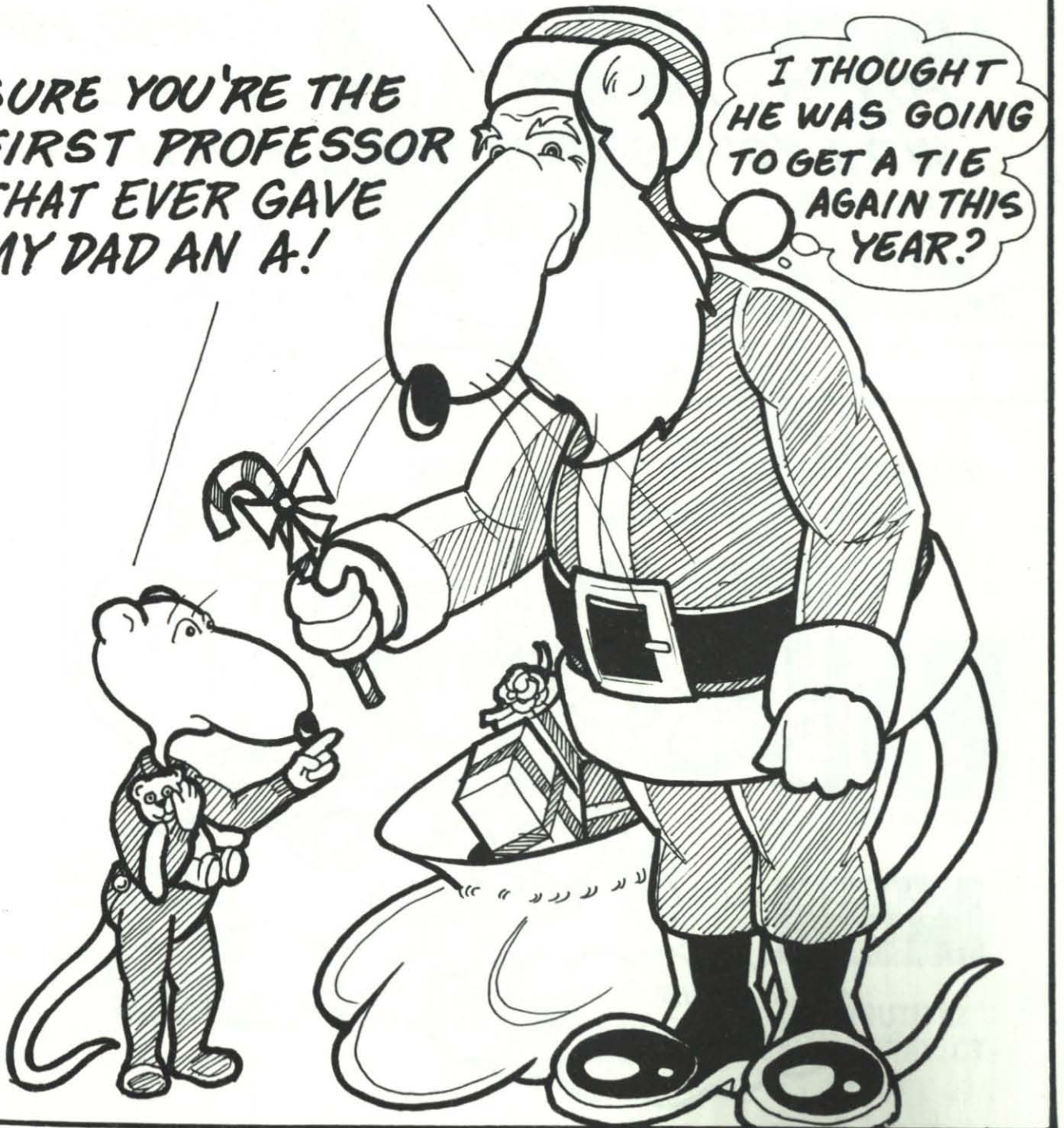
**WITH
THIS AD**

Rugrats

MERRY CHRISTMAS, LITTLE GUY... DO YOU KNOW WHO I AM?

SURE YOU'RE THE FIRST PROFESSOR THAT EVER GAVE MY DAD AN A!

I THOUGHT HE WAS GOING TO GET A TIE AGAIN THIS YEAR?



Rugrats

"YOUNG MAN! IF I'VE TOLD YOU ONCE, I'VE TOLD YOU A THOUSAND TIMES, DON'T PLAY, 'G.I. JOE VS. THE TERRORIST' WITH YOUR SISTER'S DOLL!"



"YOU OUGHT TO BE PLAYING 'HOSTAGE OF THE COMPUTER CENTER!'"



*A Special
"Thank You"!*

Well the Halloween season has come and gone until next year. We on the Halloween Parade Committee wish to thank all of our wonderful volunteers; it really made this year's parade a good time for all. Those who signed up ahead of time were outstanding, and those recruited at the last moment were a huge help to everyone. But most of all, we would like to take the time to thank the local businesses who donated all of the gifts and prizes, so we could have our little haunting fun:

Time Out Arcade, Del Monte Center
Raging Waters, San Jose
Kentucky Fried Chicken around the Monterey Peninsula
TCBY, Seaside
Little Ceasars Pizza, Monterey and Seaside
See's Candy, Del Monte Center
Burger King, Seaside
Velvet Creamery, Del Monte Center
Jack in the Box, Monterey
Red's Donuts, Seaside
Swenson's Ice Cream, Monterey
Dominos Pizza around the Monterey Peninsula
Baskin-Robbins, Alvarado in Monterey
Happy Hallow/Kelly Park, San Jose
Special Services, Naval Postgraduate School
Round Table Pizza, Monterey
Walden Kids Books, Del Monte Center
Outdoor World, Monterey
Santa Cruz Boardwalk, Santa Cruz
San Francisco Zoo, San Francisco
Roaring Camp Railroads, Santa Cruz
McDonalds, around the Monterey Peninsula
Lincoln Lanes, Monterey
Navy Exchange, Naval Postgraduate School

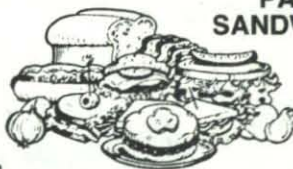
SPAK'S SANDWICH SHOP

FEATURING
BREAKFAST SANDWICHES
JAWS POORBOYS HOAGIES

1193 10th St., Monterey (1 block from Naval Postgraduate School)

For Faster Service — Phone Ahead

Mon. — Sat. 7-3



6 AND 8 FOOT
PARTY
SANDWICHES

375-9161

Fresh Doughnuts Daily



C.J. "Pete" Silas
Chairman & Chief Executive Officer,
Phillips Petroleum Company

**"The Boys Club helped
take me from the outfield
to the oil field."**



BOYS CLUB

**The Club that
beats the streets.**

**MOVING TO GROTON, NEW LONDON
OR ANYWHERE IN THE UNITED STATES?**

CALL 1-800-628-3678



JOE GARVEY

FOR A NO OBLIGATION
INFORMATION PACKET
OF THE AREA



JUDY McBRIDE



RE/MAX
REALTY
GROUP

1598 ROUTE 12
GALES FERRY, CT
06335

Letters on these two pages
were contributed by
Mrs. Jeannette Brandlin's
3rd grade class.



Santa Coming

Dear Santa Claus,
Can I please have a locket
for my mom. Can I please have
Oopsie Daisy. I will tell you why.
I want a locket for my mom because
she's been so nice. I don't care if
I get Oopsie Daisy. Please just
get my mom a locket. Please
have a safe Chistma.

Your friends
Jessica Lanchas

Dear Santa,
This Christmas I would like
a new bike. I would like hot pink and
blue. I would like to get my baby
brother a G.I. joy. And my baby
sister a 3 wheel bike. And my other
sister a radio. My Mom I will her
a locket. And I am going to try
to get my dad a new ring. I have
been good most of this year. Thank you.

Love,
Heather Miles

With Christmas just around the corner, children are starting to evaluate their behavior so they can write to Santa. Naturally, everyone has been good including the parents!

The lists were long and sincere. Here are some of the letters to Santa contributed by classes at La Mesa Elementary School.



Claus is to Town

Dear Santa,

For Christmas, I would like a white diary. A bible for my sister. And a locket for my mom. Please a new blue tie for my dad. For my grandma diamond necklace. For granddad a radio. Thank you.

Sincerely,
Hillary Chace

Dear Santa,
I like Nintendo. My friend Marty has it. I want it very bad and I'm am good at it I want it thanks. I also want a goldin retriever. I like animals because they ar warm and fery. I want the pore people to get some food.

Your friends
John Grogg

Dear Santa Claus,

I would like a pretty diary and for the pore people some good food. I like to write that's why I want a diary. I don't want people to shure either. I hope my sister gets her Catboys Patch doll. And I hope my Mom and Dad get what they want to. I hope you get to all the houses in time.

Your friend,
Aimee Bryce

Dear Santa,

This year I would like a sleeping bag. I want it to be big, red, thick, soft and warm. I have been good this year. I'm going to get my mom some jewelry and my dad a coat and my brothers some airplanes. I even gave food for the earthquake people.

Your friend,
Matthew Closson



Dear Santa Claus,

I want a new bike, crystals, baking set and make-up. I like you very much. You are very nice. I like your presents that you give me. I'm very happy it's going to be Christmas.

From: Kelley, Gilbert



Mr. Dahl, 4th Grade



Dear Santa,
I have been very good this year. Please stop by for some cookies and milk. And please bring me a puppy for Christmas.

Love
Christina
Holmes

Dear Santa Claus,

I have been good this year and would like 10 speed bike, Nintendo, \$50.00, or some heart or star   crystals. Please give some food, water, and a present, for the poor.

Your friend,
Sara Grace

Mrs. Despard, 5th Grade



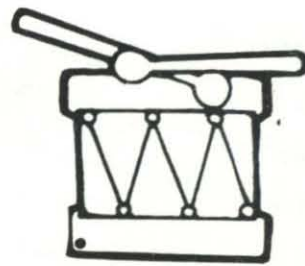
Mrs. Despard, 5th Grade

Dear santa claus

I want a new
skateboard because its
fun. and some Nintendo
games. I want
the poor to
have food. and I
want hangry hangry
hippos.

from Marty
Duvall
thank you

Mr. Levil, 2nd Grade



Dear Santa claus
I would like some nearrings and some
candy with chocolate licorice and some
makeup to play with I would like some
things in my stocking like rings and
Money and some certificates to Wendy
I would like some toys with tapes
like New Kick on the block and
Drity dancing

Thank
You
from
Kelli
Lindley

Mr. Dahl, 4th Grade



Dear Santa Claus,
For christmas I would like
this toppie, twister and a jump rope.
Trust me I have been good for my
mom and Dad, grandma and grandpa.
I guess they should have color. But
any thing would do. But trust me
they would like something from
you.

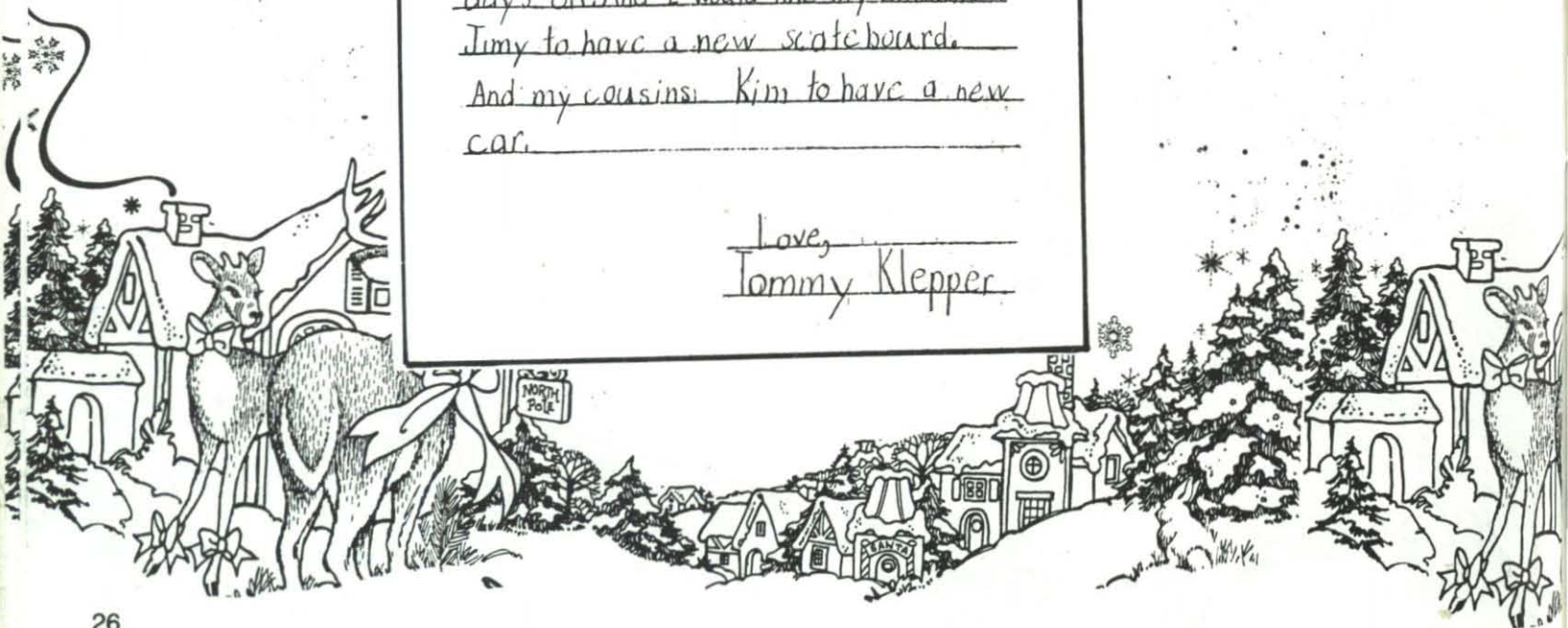
Sincerely,
Meghan Bolyard

Dear good santa
I think I ben
very good I want a
Batman game and a
remote control hovercraft
for my grill friend she
want a nintendo I hope
she likes it and she
is my girl friend and some
water and food for the carthage
e people

Your friend
Deloss Pickett

Dear Santa Claus,
I would like to get an
Nintendo and a remote control
hovercraft. And I would like my
little brother to get the Beatrix Potter
collection. And my dad to have eighteen
days off. And I would like my cousins
Jimmy to have a new skateboard.
And my cousins Kim to have a new
car.

Love,
Tommy Klepper



Dear Santa Claus,

I would really like a very cute puppy. I hope I get a brown puppy with a ribbon. My sister wants a doll surprise. She has hair that grows. I think that we should get these presents because we have been good this year. It would be nice of you. I hope we can get them.

Your friend,
Michelle Kozylk



Dear Santa Claus,

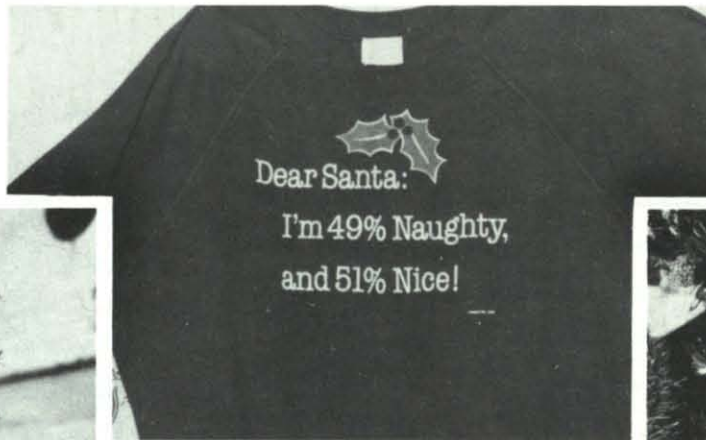
I would like a brown hairbrush and a porcelain doll. But, my mom is a nurse. I hope I can find the hairbrush. My little brother wants a ring. I think I will wait this year.

Your friend,

Anna Marshall

Letters on these two pages were contributed by Mrs. Jeannette Brandlin's 3rd grade class.





Christmas Reflections

by Lydia Ariaudo-Gragg



Photographs
were taken at
Del Monte Center and
The American Tin Cannery.

Early Detection

October was designated Breast Cancer Awareness Month by a number of health agencies. One in every ten women will develop breast cancer in her lifetime. This year alone, breast cancer will be diagnosed in approximately 142,000 American women, and some 43,000 will die from the disease. Every woman is at risk for breast cancer, but the risk increases if the woman has a family history of breast cancer. Two-thirds of all breast cancers occur in women over fifty years of age.

Early detection is the key to survival. When discovered early, breast cancer may not be life-threatening. The most important element in detecting breast cancer is monthly breast self-examination (BSE). "Planned Parenthood, the largest cancer-screening agency in Monterey County, encourages women to do a breast self-examination once a month, and we teach them how," said Mary Rose Delgadillo, Executive Director.

Planned Parenthood also screens for cervical cancer with Pap smears, and does colposcopy and cryosurgery if the tests are abnormal. Colposcopy is a painless, visual examination of the abnormal cells on the cervix through a magnifying instrument called a colposcope. Cryosurgery treats abnormal cervical cells by freezing and destroying them.

For more information about Planned Parenthood's cancer screening services, call your local Planned Parenthood office. ■



COLORING
HIGHLIGHTING



Hair
PROFESSIONALS

exclusively
for those who care

50 Bonifacio Pl.
Downtown Monterey

646-8084

Tues. - Sat. 9:00 - 6:00

PERMING
ADVANCED
HAIRSTYLING



CARPET REMNANTS

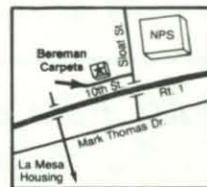
Good Selection
Fast Friendly Service
Family Owned and Operated

FREE 3/8" FOAM PAD and FREE DELIVERY
To Military with Remnants

Carpets and Linoleum Loose-Layed at Reduced Rates •
Full Service Floor and Window Coverings •
Remnants and Rolls • Ready-made Draperies

Bereman
CARPETS

1275 10th St.
Monterey, CA 93940
Tel. (408) 373-7759



PARTS AND
ACCESSORIES
FOR ALL
CARS -
FOREIGN
AND DOMESTIC

precision
AUTO PARTS

BOSCH AUTOMOTIVE PRODUCTS

MILITARY DISCOUNTS

435 Washington St., Monterey 373-7781

THE BEST FOREIGN PARTS STORE HAS NOW GONE DOMESTIC

A Helping Hand

by Bonnie Tidd

Many of you have read the Quarterdeck article, Volume 6 Issue 45 dated October 27, 1989 which did an excellent job in presenting the earthquake relief effort. As the media begins to turn to newer stories, I am writing this article to remind us that this earthquake will be with us and the surrounding communities for some time.

I was driving through La Mesa with my five and a half year old daughter Diana. I turned on to Ricketts and saw a sight I will never forget, fathers and mothers frantically running to gather up children. I NEVER FELT THE BIG ONE! I had no idea until I arrived home that anything had happened. I work for the Field Service Manager of the American Red Cross and the next day I went to work early knowing that the American Red Cross would be working hard all night to help those who had survived the quake. Once there my manager brought to my attention that Dan Hendricks from the Naval Postgraduate School had called and was starting a relief effort at the school. I called Dan to find out how the Officer Students Wives Club, OSWC, could help. I told Dan about our Giving Wagon which is set up to go door to door in La Mesa in December to pick up non-perish-

ables for delivery to food lockers on the peninsula. We could make an impact for quake relief by going door to door. I called Pamela Wawrzeniak the chairman of the Holiday Charity Drive and we decided that Friday the 20th a door to door campaign would begin in La Mesa.

With Commander Hills approval, at 9 a.m. we began. At first a trickle of food and clothes and money came to us in the parking lot of the Mini Mart. But as the day wore on and residents returned home to find the flyers which had been left at their doors, donations of food, clothes and money began to pour in. Everyone responded so generously that another truck had to be provided as well as creating a traffic jam at the Mini Mart. A police officer had to be called to direct traffic. Moving companies and those moving in donated boxes to the effort and volunteers appeared to work at sorting and packing the boxes. The employees of the Mini Mart helped by asking for donations of change. Volunteers donated time, vehicles and manpower to transport and unload in Watsonville. All of these things happened spontaneously. Items which were the most welcome in Watsonville were baby supplies,

canned food, water and toiletries. The clothing was taken by the Red Cross to a distribution center to be given to people to help start their lives over again.

YES, La Mesa you can be proud of the way you responded to help the earthquake victims. Personal thanks to ALL VOLUNTEERS and John and Diane Haring, Tym and Becky Cadell, Pam Wawrzeniak, the members of the Giving Wagon, Dan Hendricks, Ned Davis, the Whites, the Mini Mart employees, Martha Hartung and the La Mesa Women's Bible Study for calling and assistance, the teens who made so many trips to the dumpsters to clear away trash, Commander Hills and the truck drivers from the Naval Postgraduate School Command. I wish I could name all those who donated.

On November 14, 1989, Admiral West presented a check to the Station Manager of the Fort Ord American Red Cross. Another check was sent from the Naval Postgraduate School Chaplain's office. The American Red Cross and the people of Watsonville thank you for your generosity. I am proud to live in a community where people care!



Pat puts East & West together . . .



IF YOU'RE MOVING TO NORFOLK. VIRGINIA BEACH. PORTSMOUTH. HAMPTON. NEWPORT NEWS, VA. WE'LL SHORTEN THE DISTANCE BETWEEN EAST & WEST.

- Pat gives personalized attention to details.
- Pat shops for the best mortgage and interest rates for you.
- Pat removes the trouble and stress from your move by planning for your arrival.
- Pat keeps in communication with you to keep you informed of progress.

If it's personal attention you want, Pat is well qualified to handle your needs. Call her for your complete relocation package and compare the service you receive.

PAT ARNETT
Rose & Krueth Realty Corp.

TOLL FREE NUMBER
1-800-457-0004

Yes, please send me more information on homes in the Norfolk/Virginia Beach area.

Name

Address

City

State Zip

Relocation Date

Rose & Krueth
Realty Corp.

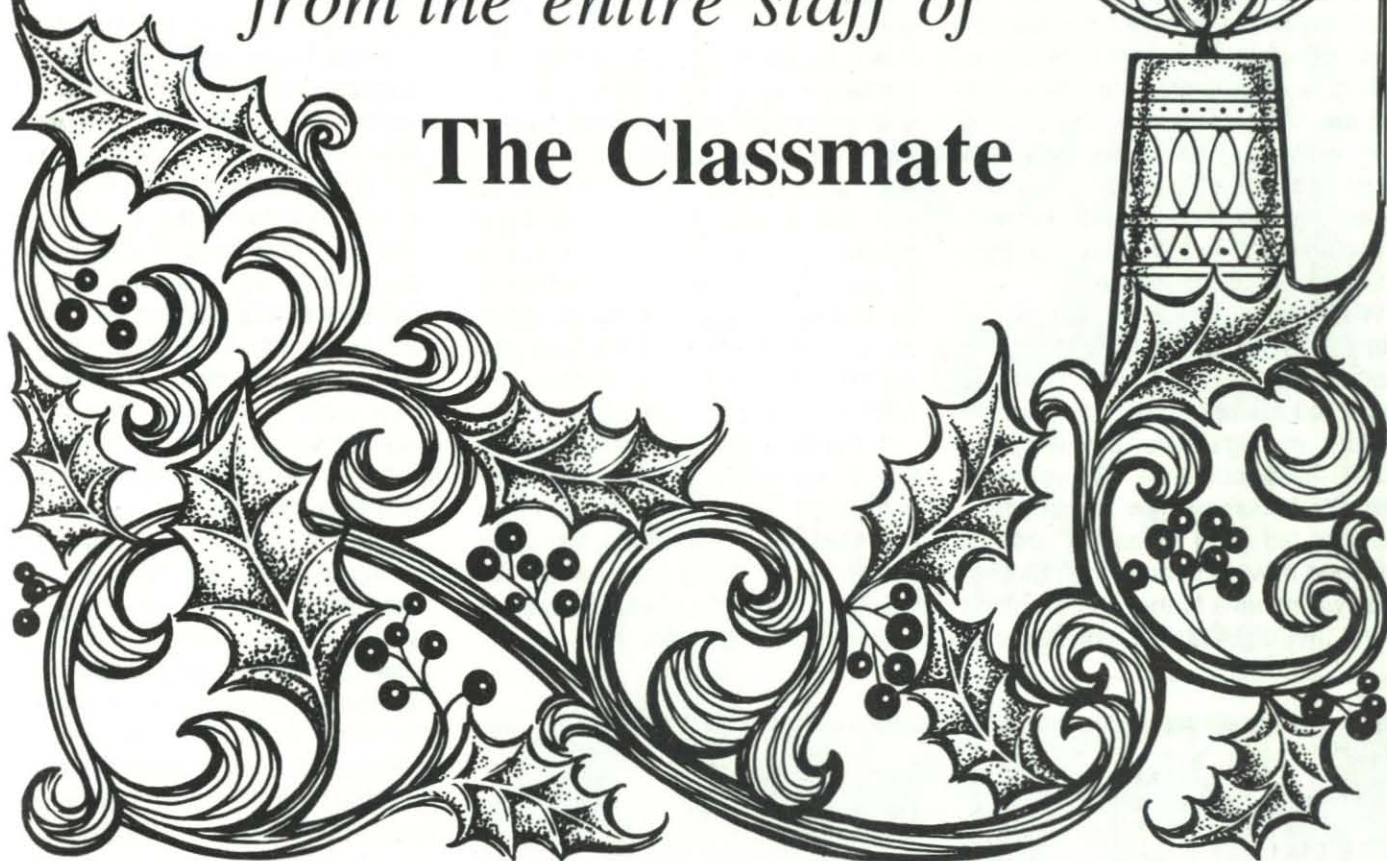
"Tomorrow's Leader Today"

400 OAKMEARS CRESCENT
VIRGINIA BEACH, VA. 23462 (804) 499-9191

Seasons Greetings

from the entire staff of


The Classmate



Brighten your Smile!

"STATE OF THE ART" COSMETIC DENTISTRY

- Custom Veneers
- Bonding
- Porcelain Crowns
- Bleaching

DANIEL J. TURNER
D.D.S.

GENERAL DENTISTRY
FOR THE FAMILY

375-1112

46 Porta Vista Drive • Monterey
(Near Del Monte Shopping Center)

- Children Over 3
Welcome and Treated
Lovingly
- Use Your New Delta
Dental Benefit Plan
- Nitrous Oxide
for Relaxation
- VISA, MC, Amer. Ex.
Payment Plans Available

The Record Stands

by Senator Henry J. Mello

Senator Henry J. Mello ended the 1989 legislative year as the second most effective Senator in terms of number and percentage of bills signed into law. Featured among the 26 new laws written by Mello this year is a major package of legislation targeting the elderly and a measure forcing convicted criminals to fully reimburse their victims for economic losses.

While other Senators introduced many more measures than Mello, the Watsonville Democrat has, over the years, consistently been among the leaders in legislative efficiency. In 1989, Mello authored 53 proposals with 28 becoming law. In addition, many of his other measures are still alive and moving through the process. They will receive further consideration when the legislature reconvenes in

January to resume the 1989-90 session.

As Chairman of the Senate Subcommittee on Aging, Mello produced several significant improvements regarding laws to protect the elderly. New laws authored by Mello (SB 642, SB 643) will require closer monitoring of private, professional conservators and protect the rights of conservatees. Mello also was successful in establishing a major overhaul of the laws governing residential care facilities and treatment for the elderly (SB 1166).

In the Mello package for the elderly, SJR 5 urged Congress to increase the number of eligible seniors and lower tax liabilities for Medicare catastrophic coverage. Congress has recently followed several of the Mello recommendations including repeal of the tax pro-

visions and the U.S. Senate is expected to follow suit in the near future.

Mello wrote a crime victims' restitution law which will help Californians of all ages (SB 881). Previously, there was a maximum amount that convicted criminals could be forced to reimburse their victims no matter what the actual amount of damages. The Mello law deletes the ceiling and allows victims to seek full reimbursement for crimes. In addition, Mello's SB 1062 was signed into law. The measure coordinates how victims, kin and witnesses are notified regarding the parole of felons.

Other new Mello laws of interest to district residents include:

SB 729 - Monterey Peninsula Water Management District

SB 729, an urgency measure, allows the Monterey Peninsula Water Management District to proceed on projects designed to provide additional water to the district during water supply emergencies in a more expeditious fashion. SB 729 additionally makes some technical modifications regarding the authorization of zone projects and allows special bond elections to be called by resolution, rather than by ordinance.

SB 729 is a legislative response to the serious and compelling water shortage problem on the Monterey Peninsula which has become particularly acute during the past few years.

SB 1526 - Housing Preservation: Right of First Refusal

Requires that HUD projects, before being converted to market rates, be offered for sale to eligible nonprofit organizations, tenants' associations and public agencies, whose goal is to preserve the affordability of the units for their remaining useful lifetime. Many tenants could have their rents raised well beyond their abilities to pay, resulting in severe economic hardship, displacement and homelessness. The Senate Office of Research estimates that as many as 80,000 of the 117,000

Need A Mechanic You Can Talk To?

MONTEREY IMPORT MOTORS INC.

We Explain All Service & Repair With Care

- New Car Service
- Preventive Maintenance

646-0473
95 Central Ave.
Pacific Grove



We Specialize in Repair Of
Honda-Datsun-Toyota
Acura-Hyundai
Certified by NIASE



The Hair Specialist

NATALIE
HAIR CUT

\$10⁰⁰

REG \$20

Includes: shampoo, rinse,
style and blow dry. Long
hair extra, new clients only.

372-6446

230 FOUNTAIN AVE.
PACIFIC GROVE

Top Permanent Specialist
Ask for Natalie
for the best perm
you've ever had!

NATALIE
Perm

\$25⁰⁰

REG. \$50 And Up

HIGH LIGHTS

\$35.00 Reg. \$70.00

Long Hair extra

New Clients Only

units could be permanently lost by the year 1995. Over 40% of these units are occupied by the elderly.

SB 1047 - Adult Protective Services: Minimum Standards
(As amended 4/13/89)

Establishes a basic program framework for providing adult protective services at the county level. Adult protective services are generally mandated by the state, but programs are currently designed and operated in the absence of specific state standards. Due to the absence of specific standards, county adult protective services vary dramatically in intent and scope of service. All county adult protective services are severely underfunded in terms of offering an adequate array of basic services and in the ability to respond to emergency situations. Abuse of the elderly and other dependent adults is suspected of being more common than the abuse of children.

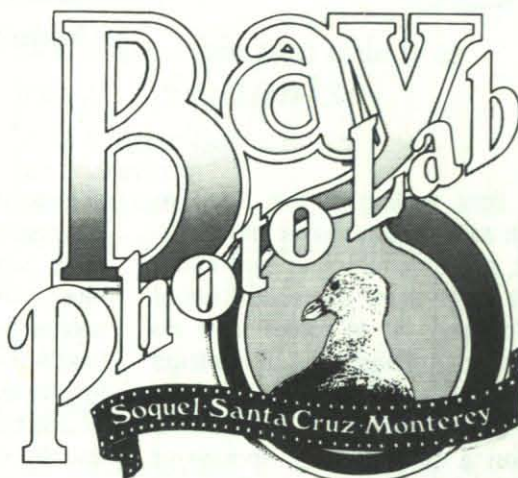
"I have always tried to limit the number of bills I introduce by concentrating on proposals that benefit my district," Mello said. "I am certainly pleased that so many of my bills for the district were signed into law and that so many others are still alive for me to pursue next year. We've made some significant headway toward protecting seniors in residential care and conservatorship situations," said Senator Mello.

"The U.S. Congress seems to be following many of the recommendations we sent regarding changes in federal catastrophic illness laws. The plan as it was originally debated simply excluded too many people and put too much financial burden on elderly people who could least afford to pay."

"I also take great pride in writing the law that forces convicted criminals to reimburse their victims for the full amount of economic damages. It's time we let violent criminals know that jail time will not be their only punishment once they are convicted." Senator Mello concluded by saying, "As we head into 1990, I am looking forward to continuing my efforts on behalf of the district."

Let Us Develop Your Film

- 4 x 6 prints
- 3½ x 5 prints
- Contact Sheets
- Color or Black & White
- E6
- Kodachrome



580 Lighthouse Ave.
372-6337

Mon. - Fri. 9:00 - 6:00 Sat. 10:00-3:00



RE/MAX

elite properties, REALTORS®
an independent member broker



MAKE YOUR MOVE TO THE WASHINGTON, D.C. AREA AN EASY ONE!

Let my 13 years' real estate experience and many military moves **WORK FOR YOU.**



gretchen v. winter

For a package of personalized information, call me TOLL FREE at 800-344-7253 or mail the attached information form to the address below.

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Expected Date of Arrival _____
5641 burke centre pkwy. • burke, virginia 22015 • phone: (703) 250-8500

Power Struggles

by Marianne Bingham-Rowe, MS, MFCC

That tight feeling in the head or stomach as a request turns into an argument, a fist clenching in determination not to give in, the sensation of heels "digging in" to make sure no ground is lost. These are all feelings that come with power struggles, feelings that have been felt by anyone who has been a child, sibling, spouse or parent. Everyone is familiar with power struggles, the battles to be right or more accurately, not to be wrong. Often they are fought most fiercely and feel the worst, between people who care about each other a great deal. Usually they end up with no one feeling very good about himself or the other person. They can take on different forms: from an active open rebellion, "you can't make me", to a passive, "you-can't-really-blame-me-because-I-just-forgot" response. Whatever the form, a person can tell he is in a power struggle by his feelings. While the physical reactions may vary from headache, stomach upset, tearfulness or back pain, the emotional reactions are consistently anger and resentment.

If these things feel so bad and nobody really gains much by them, why are they so common and why are they so hard to stop? Basically, human beings come into this world without the power to provide what is needed to survive; all infants are dependent on someone else to take care of their needs. Gradually though, more power is gained as the child becomes more mobile, vocal, and knowledgeable about his world and how it works. Around the age of 2 years the word "no", or the option not to respond as directed, becomes an indicator that the child is beginning to develop his own sense of self. As the child begins to

differentiate from the parent(s) or caretaker(s), the struggles to determine "who's the boss" usually begin. Most parents clearly remember themselves as children being made to do things they did not want to, and many feel "now it is my turn to call the shots". These struggles over who is in-charge usually reach their peak in adolescence. During this period of development the person's primary task is to come to terms with how he is different



from his family, to figure out "I am my own person and by the way, who is that?". Thus, some struggles for power in a child or young adult serve a developmental purpose.

Both children and adults may also perpetuate these contests for control for other reasons. If a person feels good about himself only when he wins, he will seek out arenas for competition anywhere from which toy is wanted *right now*, to what career he will choose and fight each battle as if his life depended on it. Each is vital for his sense of self and well-being. Parents some-

times base their self-image not so much on "winning" as on having "good children". That is, by having kids that do what they want them to do, or taking what the parents believe is the right road, the parents can then and only then, feel good about themselves. Their belief is: perfect children come from perfect parents. In this system the power struggles usually are based on the difference between the parents' expectations of the children and the children's actual behavior.

Parents do; however, have a number of options for defusing these contests for control and can provide alternate ways for their children, and themselves, to develop a sense of well-being that is based on an ever-present feeling of self-worth and competence, rather than one that is dependent on another person's defeat. The first step is for the parent to pull out of the conflict, not to "give in" but simply refuse to participate. Since it takes at least two people to have a tug-of-war, the competition stops when one side puts down the rope. This action also sends the message to the child that there are other ways of resolving conflicts, for the desire of "fighting to win" is reinforced by the parent's intensity to do so. Once out of the win/lose situation, the parent can set up choices for the child and then leave the responsibility of making those choices with the person whom they will probably affect the most — the child. To illustrate, by giving a toddler a choice of walking or being carried piggy-back to the tub, a parent would never have to dread the answer to, "Are you ready for your bath?". By providing an environment where consequences are logical or at least consistent, a parent can set the stage for a child's learning decision-

making skills and taking responsibility for his own behavior. For example, making an allowance contingent on completion of the majority of chores throughout the week, lets the child know that it is in his power to have spending money. The impetus in this case is, then, motivation rather than control. At the other end of the spectrum, a child can know ahead of time that if he comes in late he will be grounded for one night; because that is the rule that has been discussed and agreed upon. The decision and the "price to pay" are all his. Having set routines is another way of eliminating power struggles. If bedtime is 8:30 every week night, there is no need for an argument over staying up an extra half-hour. A parent can also, in many situations, appeal to a child's strengths by asking for his help rather than "putting him down" by ordering him to do something.

Finally, as both the parent and the child each builds his own strong sense of self, the personal boundaries between the two become more clear and there is less need to fight over them. By having an underlying acceptance and confidence in oneself, a person can be truly open to accepting others; for after all, *the power comes from what is going on within, not from the contests outside.*

References

Dinkmeyer, Don and Gary D. McKay. *The Parent's Handbook. Systematic Training for Effective Parenting*. Circle Pines, MN: American Guidance Service, 1982.

Isaacs, Susan. *Who's in Control? A Parent's Guide to Discipline*. New York, NY: The Putnam Publishing Group, 1986.


Paul, Jordan, Ph.D. and Margaret Paul, Ph.D. with Bonnie B. Hesse. *If You Really Loved Me*. Minneapolis, MN: CompCare Publishers, 1987.

Marianne B. Row is a licensed therapist who specializes in working with children and families. In addition to her more than 10 years experience as a therapist, she has been a pre-school and elementary school teacher, a consultant to hospital and educational staff, and a camp counselor for children with severe behavior problems. She is presently in private practice in Pacific Grove.

GOING TO YOUR DENTIST DOESN'T HAVE TO BE A BAD EXPERIENCE

Now there is a new comfortable and safe way to prevent tooth decay... *Sealants!*

Often Dr. Kroll uses a new technique, that seals your teeth and prevents tooth decay. This is great for kids.

 In fact children are some of our favorite patients.

Call Dr. Kroll for free information at

394-1408

WE WILL GLADLY ACCEPT AND ASSIST YOU WITH YOUR NEW DENTAL HEALTH PLAN

24-Hour Emergency Service Available Evening & Saturday Appointments

DR. RONALD A. KROLL
DR. DARCI MATTSON KROLL

Graduates of
Georgetown University
775 Kimball Ave.
Seaside 394-1408



Why looking good is so easy.

At Supercuts, we believe we can make you look and feel good just by cutting your hair the right way.

"FREE TUBE OF NEXXUS SHAMPOO" with your next Supercut™

Treat yourself to our special! We'll give you a "Free tube of Nexxus Shampoo" when you come in for your regularly priced \$8 Supercut. Just bring this ad with you.



M-F 9-9
Sat. 9-7
Sun. 10-5

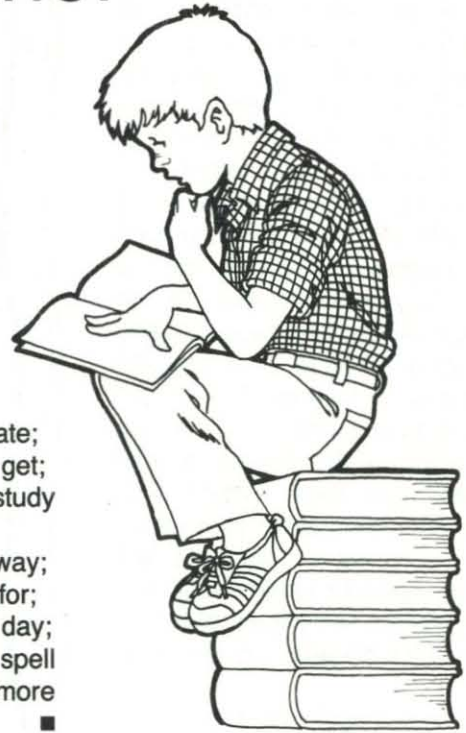
No Appointment Necessary

488 ALVARADO ST.
MONTEREY
375-2887



Shampoo and blow dry-styling additional. Not valid with any other offer. Limited supply.

An NPS Father

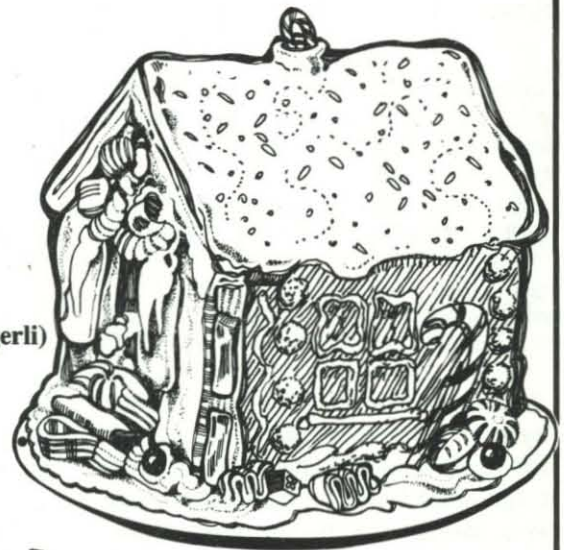


F - is for the facts he must assimilate;
 A - is for the grade he strives to get;
 T - is for the times that he must study late;
 H - is for the hours he spends away;
 E - is for the exams that he crams for;
 R - is for the relief of graduation day;
 Put them all together and they spell **FATHER**; Which lasts a whole lot more than just two years. ■

'Tis the Season

- European Stollen
- Christmas Tree Coffee Cakes
- Croissants
- Date Nut Bread
- Homestyle Pecan, Pumpkin and Mince Pies
- "Old Country" Breads
- Black Forest Torte
- Cheesecake (Small and Large Party Sizes)

- Napoleon Whipped Cream Cakes
- Ginger Bread Houses
- Yule Log
- Festive Petit Fours
- Imported European Candies
- Christmas Cookies (Cinnamon Stars, Pfeffernuesse and Springerli)



DEL MONTE

Pastry Shop

Del Monte Shopping Center

1st right next to Lucky's

375-4222

OPEN DAILY

The Twelve Do Nots Before Christmas

by Lydia Ariaudo-Gragg

1. Do not start that diet you've been contemplating for the past 11 months expecting to lose 30 pounds in less than a week.

2. Do not be a procrastinator and do *all* your shopping the night before Christmas at K-Mart. You might bump into *all* your friends.

3. Do not be a show-off by shopping too early or you may miss the good sales or misplace your presents. Remember, your kids will be looking for secret places to hide their presents from you. They might find yours and assume it is theirs and deny ever seeing yours.

4. Do not shop at Safeway the day before Christmas. The lines will be extremely long and most of the good food will be taken. Skip the mortgage payment for December and tell the bank it is in the mail and to keep watching for it. Happy grocery shopping!

5. Do not leave the fireplace burning the night before Christmas. Your children will have nightmares worrying about Santa.

6. Do not take your children shopping unless you want to suffer the consequences of a 10 page letter to Santa. Babysitters are always looking for quick money during the holidays. Incidentally, rates are more during Christmas break but do not let that upset your evenings. Babysitters accept Visa and American Express.

7. Do not go to UPS the week before Christmas and expect those presents to arrive in Australia and Guam the night before Christmas. UPS is not *THAT* crazy about Christmas!

8. Do not make doctor appointments the week before Christmas. Most physicians like to get lost in Bora Bora or some secluded island until mid-Jan-

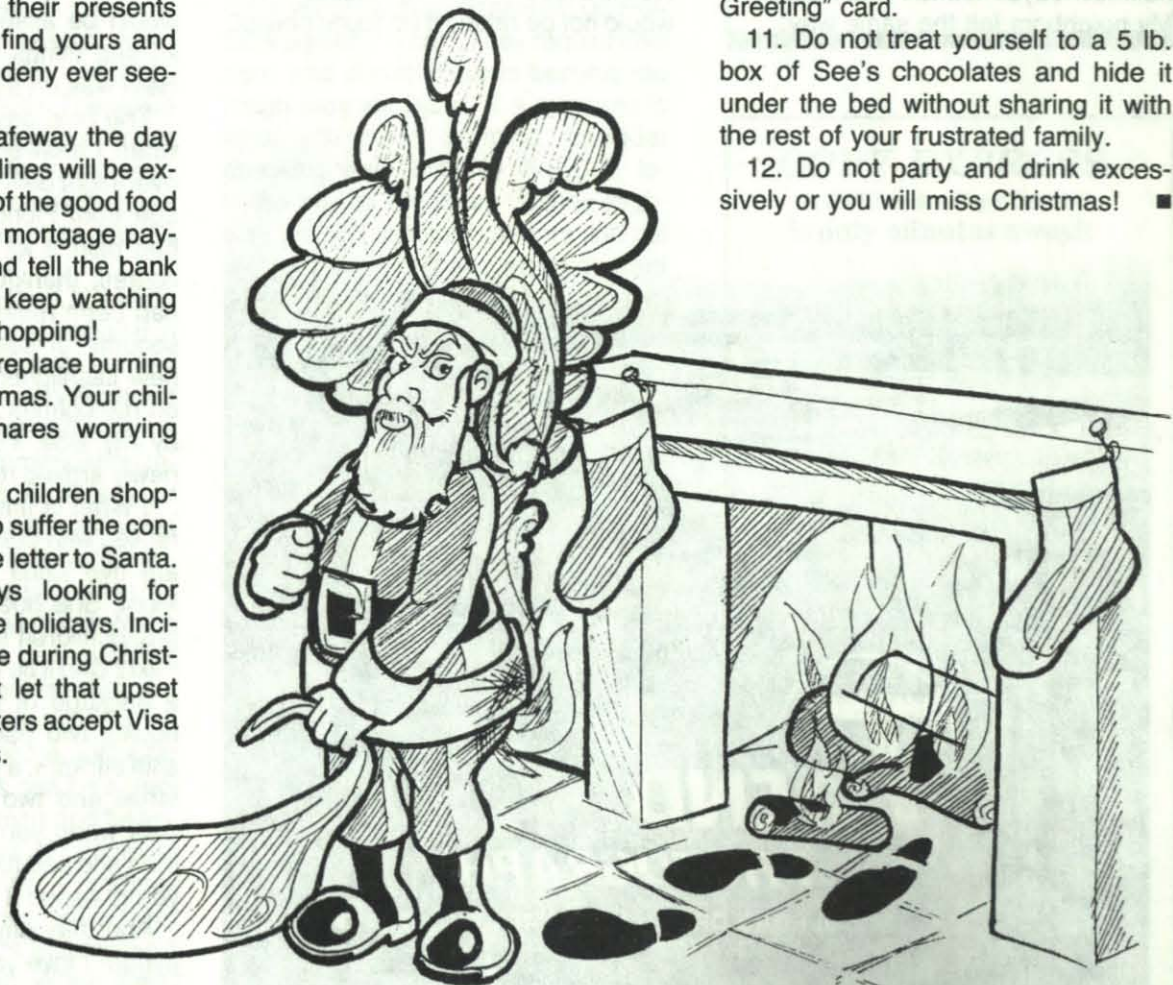
uary. Put that migraine headache and broken leg on hold during December.

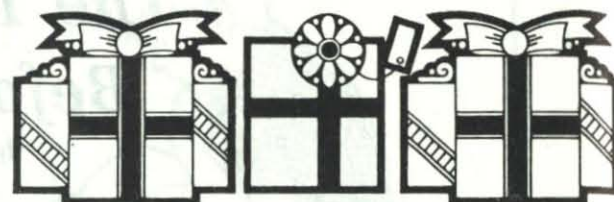
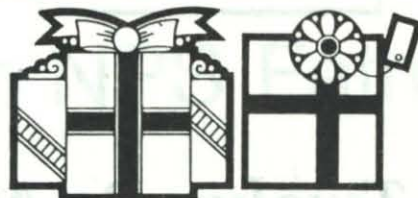
9. Do not be the first on your block to put up the outdoor twinkle lights on your rose bush and mailbox. This is one time you should be a follower and not a leader. Refrain from buying the tree before Thanksgiving.

10. Do not mail those belated cards the day before Christmas and blame the postal service when your few friends call demanding a "Season's Greeting" card.

11. Do not treat yourself to a 5 lb. box of See's chocolates and hide it under the bed without sharing it with the rest of your frustrated family.

12. Do not party and drink excessively or you will miss Christmas! ■





M-O-M Spells RELIEF!

by Leigh Garner

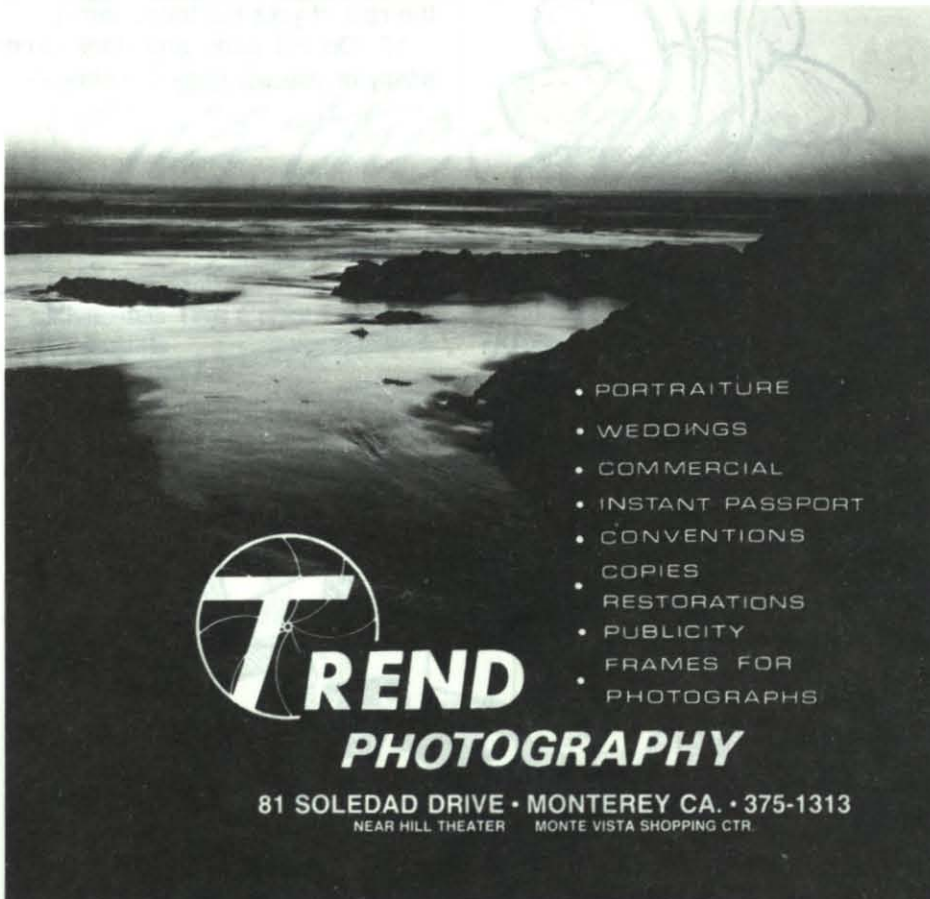
Last month I wrote about what it is like to be new in La Mesa. Quickly I have learned what it is like to be new to California's earthquakes. I do not know about you, but when the kitchen floor started jumping I found my knees quickly turning to jello. All through the next few days I found I was not alone. My neighbors felt the same way.

I had had enough! With no electricity, it was time to switch to emergency power. It was time to call Mom! I spared her no details. I told her that during the earthquake the plates rattled and the furniture rattled. I told her that her grandchildren rattled and that I rattled. Notice that I left out my husband who would not be rattled if he found himself

hip deep in the fault-line. The picture was painted as black as I could get it. Did it work? Yes! Mom wanted to know what she could do. The words were scarcely past her lips when my anxious voice replied, "Send flashlights!" As I hung up the phone, a wave of relief came over me. I knew my mother would be assembling my emergency kit and things would soon be better. Help was on the way.

The next day, I felt a little sheepish when I answered the door to find an over-night delivery person with a package from Florida. I knew my parents had paid a lot for this service but of course, thankfully by now our power had been restored. Still, I wanted the security of seeing those nice, shiny new flashlights lined up fully charged on my counter. With my five year old by my side, I began ripping into my newly arrived relief package. Hmmmm . . . What is this? "Noodles!", Caroline replies with delight. She is right! There are five kinds of noodles! Good old Mom. She does not want to see her grandchildren starve. Oh well, what is next? Can it be? Kool-aid, instant soup, a package of balloons, four coloring books, two packages of scratch and sniff stickers, a pair of candles, ten batteries and two tops that glow in the dark when you spin them. I guess by then she had run out of room because, you guessed it . . . no flashlights!

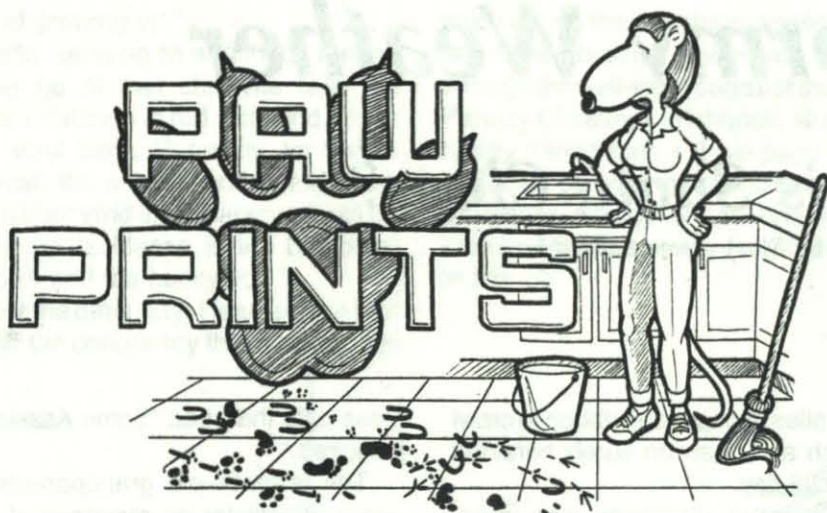
And they say kids do the darndest things! I love you Mom.



- PORTRAITURE
- WEDDINGS
- COMMERCIAL
- INSTANT PASSPORT
- CONVENTIONS
- COPIES
- RESTORATIONS
- PUBLICITY
- FRAMES FOR PHOTOGRAPHS

TREND
PHOTOGRAPHY

81 SOLEDAD DRIVE • MONTEREY CA. • 375-1313
NEAR HILL THEATER MONTE VISTA SHOPPING CTR.



A Friend for Christmas

by Nancy Lawson

The children were nestled all snug in their beds while visions of furry creatures danced in their heads. ARF-ARF, TWEETE-TWEETE, MEOW-MEOW, SPLASH-SPLASH. These are the sounds that many young children will awaken to on Christmas morning. For parents considering pets for their children this Christmas, this choice may not be a wise one.

Recently I talked with Dr. J. T. Hollister of the Peninsula Animal Hospital in Pacific Grove. Friend to both owners and their pets, it became very apparent that he truly loves the "special" patients he treats. His best recommendation regarding Christmas pets is, "Don't get them, and under no circumstances should you buy a pet as a gift for someone that doesn't know it is coming." It is not fair to the surprised owner or the pet who may turn out to be unwanted. If you are sure that a pet is what you really want, pick it out before Christmas, but don't bring it home until after the holidays. Christmas can be a very stressful time for both man and beast. With all the excitement of incoming family and friends plus Christmas morning, a new pet may not always get the attention it needs to adapt well to its new surroundings. When asked

to recommend a pet for children under the age of 5, without hesitation Dr. Hollister replied, "A cat." They require little care, and should children become too rough they will leave. If a purebred is what you have in mind, consider checking the Monterey S.P.C.A. located on the Monterey-Salinas Highway, as well as local breeders and pet stores. If you don't see what you want call a local veterinarian. Most can recommend a good breeder and the cost of the pet is usually no more than at a pet store.

Whatever you decide, please consider the following; a pet is a ten to fifteen year commitment, a pet purchased for a child must also be a family pet, wanted and loved by all and as military families we move a lot and pets bring certain problems. If you are not prepared to deal with any or all of the above, don't get a pet. If you can take all that comes with being a pet owner then I encourage you to take part in a very rewarding experience. They will listen to all your problems, absorb all your tears, and keep you warm on cold winter nights. Just remember that pets are people too. Shower them with love and they'll be a lifelong friend. ■

Do you need a clean
import car for one
month or more?



LEASE

From

Monterey Import Motors
for as little as

\$240

Per
Month

- 1) You may return the car anytime after 30 days.
- 2) All service and repair included.

Call 646-0473 For Details

COPY EXPRESS

(A Full Service Copy Center)
is only minutes away!!

We specialize in
getting your message out!

Newsletters, Mailing Lists, Flyers,
Invitations, Rosters, Binding

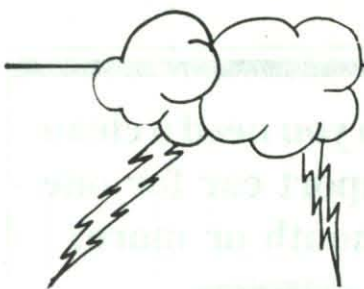
We always have 25% cotton paper
in stock for printing
thesis documents

Self-Serve and Full Serve
Plenty of Parking
Fast, Courteous Service

*We respect your time
as much as you do!!*

922 Hilby, Suite D
(Right behind Wendy's on Fremont Blvd.)
Seaside, CA 93955

(408) 899-1220



Stormy Weather

Who is Santa Claus?

by Mary Anne Schneider

"You better tell me the truth," my daughter said to me this fall, concern and concentration furrowing her brow. "Is there really a Santa Claus?" Suspicion had been building during the previous two Christmases, when department store Santas failed to pass close scrutiny with patently fake beards and scanty padding around the middle. Even some parts of the traditional storyline were hard to digest for inquiring seven year old minds. Why were there so many Santa 'helpers' everywhere, how did that impossibly fat man fit through chimneys and why didn't he bring gifts to poor children, as was evidenced by the various toy drives observed each holiday season?

Fortunately, the question didn't become too pressing until this year. For a little girl who lives happily involved in a Lego medieval legend of castles and knights and who transforms ordinary household objects into swords and shields, the belief in fantasy storylines and scenes is deeply ingrained. Santa Claus was not that far from the daily flight into imaginative play.

The adults in her life were only too happy to aid and abet the Santa legend. Our secret joy in the Christmas season was the light of surprise we saw each Christmas morning on the faces of our children under the Christmas tree.

Her first Christmas, at nine months, was probably more fun for her parents and grandparents. Playing Santa for the first time, we managed to buy a totally inappropriate number of gifts, many of which were beyond the play abilities of an infant. But for a crawling

baby, piles of paper and ribbon to crawl through and chew on surely heralded a special day.

The second Christmas was much more exciting. Santa Claus was easily identifiable, if not totally understood, in his red stocking cap and flowing white beard. She called him 'Ho-Ho' and would excitedly point him out in pictures and on T.V. Sitting on his lap was an altogether different story. Wriggling and turning on his expansive lap, our normally talkative two-year old became shy and fearful, keeping a close eye on her reassuring parents who were shouting, "Tell Santa what you want, Honey."

Many of my daughter's Christmases were happily spent at the home of her 'sweetie-pie grandparents' in Florida. Pictures from Christmas at grandma's house are interchangeable throughout the years. Only the size of the children in the pictures changes.

Each year there is the careful unwrapping of ornaments that have nested in their boxes through the year. Her grandmother has a huge collection of ornaments and always stands patiently by, seemingly oblivious to the heavy hands of toddlers and preschoolers crushing the fragile ornaments in their excited fists. The finished tree stands in all its glory, with big clusters of ornaments in the one spot small hands could reach. The Christmas Eve ritual of hanging stockings is always observed, and by the time my daughter was five, she had a brother to join her in hanging stockings on the mantel. Christmas morning means a sea of paper stretching from one end of the den to the other, and grandfather and dad are enlisted for

those gifts that read "Some Assembly Required."

The 'sweetie-pie grandparents' always administer an overdose of gifts and love on our children at Christmas. Thankfully, Grandma bakes huge batches of cookies, since I don't, and prepares a lavish Christmas dinner.

This year when my daughter asked for the truth about Santa Claus, we passed through another of those imperceptible changes that mark growing up. The ghost of Christmas past played through my mind. My children's grandmother said when my son was just a toddler that he looked like a Christmas elf scampering down the hallway, diaper-clad bottom bouncing and his sleeper covered feet planted widely for balance. My daughter used to 'read' to us from her favorite book, year-round, that was called *Santa's Littlest Elfesses*, lisping her way through a treasured story. I remembered the painstakingly printed letters that went off in Kindergarten and first grade to Santa at the North Pole, and numerous other treasured Christmas memories.

My husband has heard a doubting-Thomas friend tell my daughter that she was too old to believe in Santa Claus. She had replied, "Do you think my parents would spend this much money on me?"

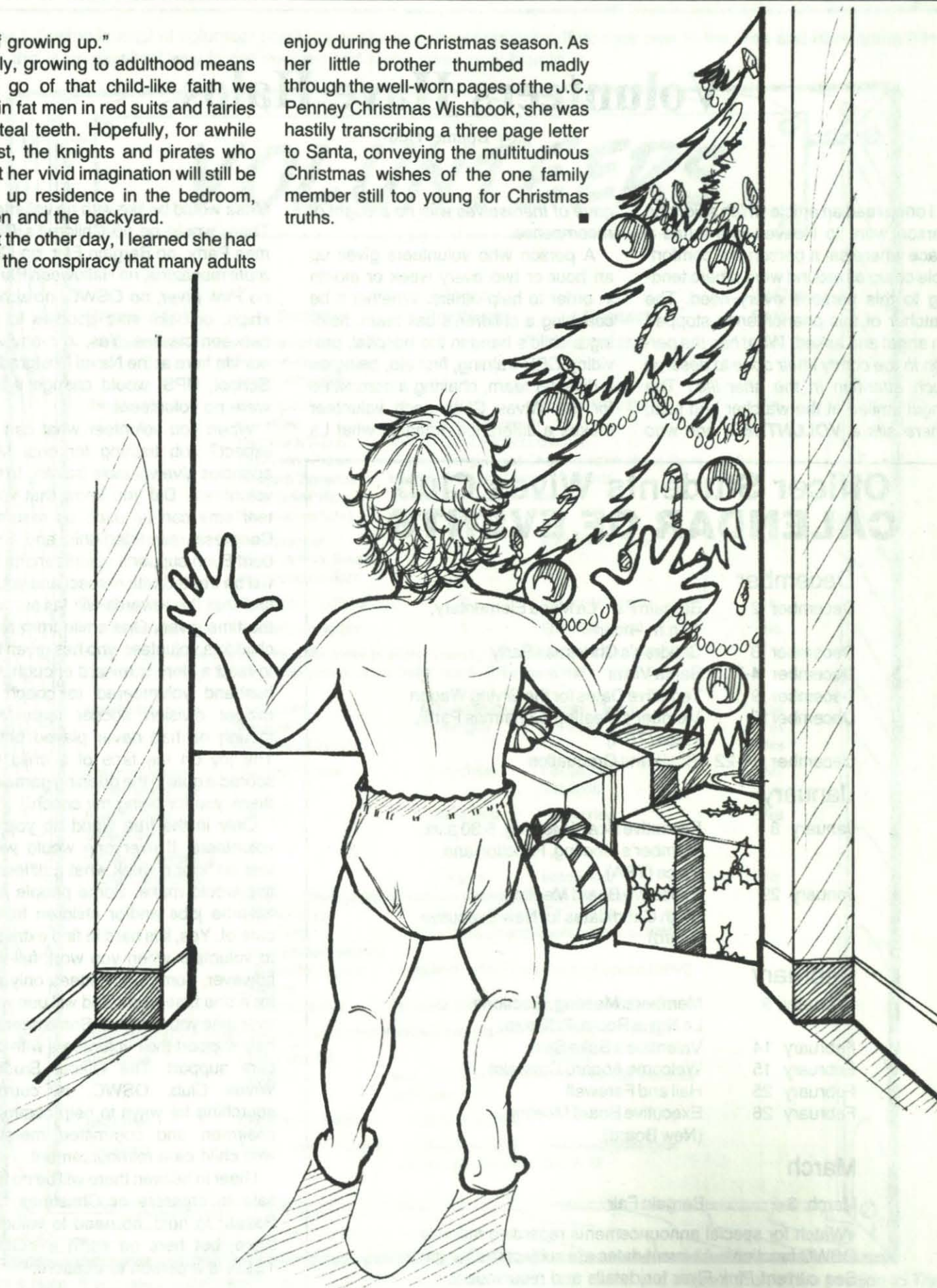
I decided to answer her question truthfully, explaining in my own stumbling way about Santa Claus being the spirit of Christmas. Her face fell and tears came to both our eyes. "This has destroyed my faith and my beliefs," she told me. "It's like saying there isn't any God." She struggled to control her emotions and told me bravely, "Well, I'm not really a kid anymore. Its just

part of growing up."

Sadly, growing to adulthood means letting go of that child-like faith we place in fat men in red suits and fairies who steal teeth. Hopefully, for awhile at least, the knights and pirates who inhabit her vivid imagination will still be taking up residence in the bedroom, the den and the backyard.

Just the other day, I learned she had joined the conspiracy that many adults

enjoy during the Christmas season. As her little brother thumbed madly through the well-worn pages of the J.C. Penney Christmas Wishbook, she was hastily transcribing a three page letter to Santa, conveying the multitudinous Christmas wishes of the one family member still too young for Christmas truths. ■



Volunteers Have Halos

by Bonnie Tidd

I once read an article which said "one person went to Heaven and found a place where sat a person in a comfortable chair, all around were others tending to this persons every need. The watcher of this phenomenon stopped an angel and asked, *What has the person in the comfy chair done to deserve such attention in the after life?* The angel smiled at the watcher and said, *There sits a VOLUNTEER, one who*

gave of themselves with no thought of recompense.

A person who volunteers gives up an hour or two every week or month in order to help others. Whether it be coaching a children's ball team, holding a child's hand in the hospital, providing CPR training, first aid, being on a disaster team, chairing a committee for the Wives Club, each volunteer makes a difference. Imagine what La

Mesa would be like with no volunteers. There would be no Children's Christmas Party, no Bargain Fair, no *Classmate* magazine, no Halloween Parade, no *Pink Flyer*, no OSWC, no scholarships, or bake sale goodies to grab between classes. Yes, in many ways our life here at the Naval Postgraduate School, NPS, would change if there were no volunteers.

When you volunteer what can you expect? Job training for one. Many agencies give valuable training to their volunteers. Did you know that volunteer time can be used on resumes? Congress mandated this and President Bush supports volunteerism. You will be treated with respect and you will find that the rewards will far outweigh the time given. One smile from a sick child to a volunteer who has given time to read a story is reward enough. One husband volunteered to coach the midget division soccer team even though he had never played before. The joy on the face of a child who scored a goal in the opening game said thank you for being my coach!

Only in the free world do you find volunteers. If everyone would volunteer an hour a week what a difference this would make. Some people have full-time jobs and/or children to take care of. Yes, it is hard to find extra time to volunteer when you work full-time; however, some committees only plan for a one time event and will use whatever time you can give. Some agencies help support their volunteers with child care support. The Officer Students Wives Club, OSWC, is currently searching for ways to help committee chairmen and committee members with child care reimbursement.

I hear in heaven there will be no bake sale to organize or Christmas Craft Bazaar to hold, no need to volunteer there, but here on earth a VOLUNTEER is a person to treasure. ■

Officer Students Wives Club CALENDAR OF EVENTS

December

- | | |
|----------------|---|
| December 2 | Bargain Fair, La Mesa Elementary,
10 a.m. - noon |
| December 3 | Children's Christmas Party |
| December 4-7 | Santa Visits |
| December 9 | Tentative Dates for the Giving Wagon |
| December 10 | Member's Meeting, Christmas Party,
Place (TBA) |
| December 18-22 | Finals and Graduation |

January

- | | |
|------------|---|
| January 8 | Executive Board Meeting, 5:30 p.m.
Member's Meeting, Function and
Place (TBA) |
| January 29 | Executive Board Meeting
(With Candidates for New Executive
Board) |

February

- | | |
|-------------|--|
| February 5 | Member's Meeting, Elections,
La Novia Room, 7:30 p.m. |
| February 14 | Valentine's Bake Sale |
| February 15 | Welcome Aboard Cramalot |
| February 25 | Hail and Farewell |
| February 26 | Executive Board Meeting
(New Board) |

March

- | | |
|---------|--------------|
| March 3 | Bargain Fair |
|---------|--------------|

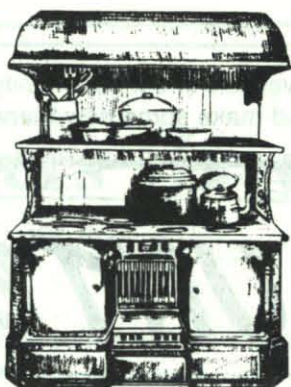
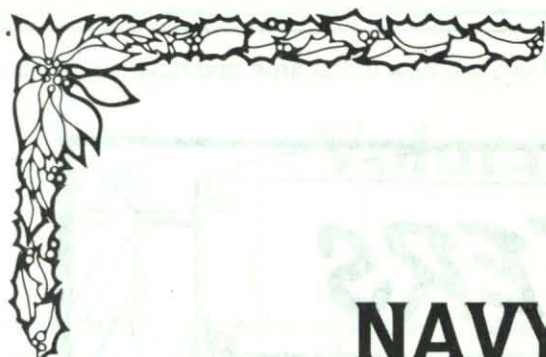
★Watch for special announcements regarding monthly OSWC functions. All event dates are subject to change. See current *Pink Flyer* for details and reservations.

The following is a list of volunteer positions available in our community. If you are new to the area and have some free time, this is an excellent way to get involved and make some new friends.

VOLUNTEERS

Organization	Position	Hours Per Week	Contact	Child Care Paid
The Classmate	Feature Writer Write articles as assigned by editor.	2	Editor SMC 2330	No
The Classmate	Columnist for: Navy Bleu Hammer & Thread Life Among Ruins Vineyard Vignettes Peripatetic Palate Backroad Escapes	2 Monthly Recipe column Monthly Craft Projects column Monthly Tongue and Cheek column about life in La Mesa Monthly Review of local Vineyards Monthly Restaurant Review Review of Monthly Car Trip	Editor SMC 2330	No
The Classmate	Photographer 35mm camera, film and developing provided	3	Editor SMC 2330	No
The Classmate	Assistant to the Editor	2	Editor SMC 2330	No
The Classmate	Production Assistant	2	Editor SMC 2330	No
Note: If you are interested in any of the above positions, you may also contact the editor at the next Classmate meeting; Tuesday, December 6, in the Tower Room of Herrmann Hall.				
Navy Relief	Interviewers Receptionists Thrift Shop Workers	As much as you can give	Jennifer Church 373-7665	Yes Yes Yes
Volunteer Nurses for New Moms	Training Provided	As needed	Col. Squires 242-0366	No No
Presidio Thrift Shop at DLI	Clerks	3 hour shifts	Veneta Heyl 375-5071	Yes
Officer Student Wives Club Committees	Easter Eggstravaganza New Member's Welcoming Officer Student Advisory Committee Liaison Childcare Representative	Varies Coordinate Children's Easter Egg Hunt Call New Members and Welcome them to OSWC Attend Monthly OSAC meeting and Report to OSWC Resource for Child Care Needs and Concerns	Bonnie Tidd	No
Note: Anyone interested in the OSWC committee positions please contact Bonnie Tidd at 372-5921.				
Red Cross	CPR or First Aid Instructor	242-7801 You need a current CPR or First Aid instructor certification card.		
Red Cross	Blood Drive Volunteers	4-5 hours monthly		
Red Cross	Silas B. Hayes Hospital	2-3 days per week (4 hours per day max.)	Jackie Schreckengast 242-2713	

Editor's Note: If you need volunteers for your "non-profit" organization send your name and a description of the position to The Classmate Editor, SMC 2330, prior to the 30th of the month. It will be included in the next edition of The Classmate.



NAVY BLEU

Cheese Anyone?

When most people are asked to suggest something to accompany wine as either an appetizer or dessert, they will most often reply "cheese". Nothing could be simpler for a hostess than to serve her guests cheese with crackers before dinner, or with fruit as a gourmet dessert. To aid in your selection, some of the more common varieties of cheese will be presented along with its appropriate companion food.

The following cheeses work well with crackers and/or bread:

Brick — a mild, semi-soft, cream colored cheese.

Cream Cheese — a white, soft, buttery, mild cheese.

Gouda — mild and nut-like.

Muenster — semi-soft and mild to mellow in flavor.

Swiss — a sweetish, nut-like flavor having large holes.

To obtain the best flavor of the cheese,

a bland bread and cracker such as French and Water crackers are recommended.

As dessert, almost any fresh fruit will



go especially well with:

Brie — has a soft, edible crust.

Camembert — edible crust and creamy yellow in color; good with apples.

Cheddar — mild to sharp in flavor.

Cottage Cheese — a soft, moist, mild cheese coming in large or small curd.

Edam — a firm and mild cheese.

Gruyere — a nutty bland flavor, similar to Swiss.

Limburger — a nutty bland flavor, similar to Swiss.


Pineapple Cheese — firm, sharp and pineapple shaped.

The best setting for cheese is on a simple wooden cheese board or a slab of fine marble. In serving cheese as a dessert, provide each guest with a small plate and knife; cheese may be eaten with the fingers, but it is more dignified to do so with a fork. Remember to serve at room temperature.

So, if you're looking for something different to accompany a festive or particularly special meal, we hope you'll use this article as a guide.

Bon Appetit!

CLASSMATE MINI-SHOPPERS

 <p>BALLOON DECORATIONS All Sizes - All Occasions GIFT IDEAS (408) 372-8695 Free Delivery</p> <p>1249 Leahy Rd. Monterey, CA 93940</p> <p>KAREN ZEIDERS Owner</p>	<p>Skin Care, Glamour Nail Care</p> <p><i>Mary Kay</i> Cosmetics</p> <p>Complimentary Consultations Facials, Classes Carol Umberger 408-375-2388</p>	<p>Free Toys From Discovery Toys!</p> <p>Invite an Educational Consultant from Discovery Toys into your home. She'll demonstrate quality educational toys, books and games for your friends and family, and YOU could receive a free toy! Call for more information:</p> <p> DENISE L. BYRNES 106 Mervine St. Monterey, CA 93940 (408) 646-9763</p>
<p>LOOK HOW GOOD YOU LOOK NOW</p> <p>AVON</p>	<p>JUDY JOHNSON Avon Trained Beauty Advisor 35 Revere Road 375-6044</p> <p>Products for every family member with THE AVON GUARANTEE</p>	<p>Mini-Shoppers \$20/mo.</p> <p>Call: Joy Lukenbill (646-8390) by the 5th of the month prior to the month of publication.</p> <p>DOES HOLIDAY GIFT WRAPPING HAVE YOU DOWN?</p> <p><i>Let us Help!</i></p> <p>Children & Adult Styles Boxes DEC. 2-23 1125 Leahy Rd.</p> <p></p>



We'll help you find a new home in a new hometown.

When you're relocating, we can help. By selling your home here and helping you find a new one in a new hometown. Our CENTURY 21® office is part of the largest referral system in real estate. The CENTURY 21 VIP® Referral Network links thousands of CENTURY 21 offices system-wide. It gives you access to ready buyers, and connects you with trained real estate professionals who can make you feel at home, wherever you're moving. Give us a call. And put the hometown advantage to work for you.

Put Number 1 to work for you.®



ALLIED ASSOCIATES, INC.

550 Camino El Estero
Monterey, California 93940
(408) 373-4477
(U.S.) 800-441-2212
(Calif.) 800-535-2121

Relocating?

Washington, DC—Virginia—Maryland

Virginia Beach - Norfolk

Come To An Open House

FREE Individual Consultation, Information Packet, View Homes On Video

- Housing & Real Estate Market
- Schools & Communities
- Financing & Qualifying
- Transportation

Ask about our House Hunting Air Transportation Plan

JANUARY 19, 20, 21 FRIDAY - SUNDAY

10:00 a.m. – 5:00 p.m.

HYATT REGENCY MONTEREY

CONFERENCE CENTER

"SPY GLASS II" ROOM

ONE OLD GOLF COURSE ROAD

MONTEREY, CALIFORNIA

JUDY TOBIN - KATHY FELLING

Northern Virginia

ELEANOR HAWKINS

Maryland

JIM & PAT RALEIGH

Virginia Beach - Norfolk



LONG & FOSTER,
REALTORS®

TOLL FREE NUMBER 1-800-525-8910
EXT. 9235



National Relocation Service
SPECIALIZING IN WORLDWIDE MILITARY RELOCATION

